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SPECIAL REPORT: TORONTO'S VITAL SIGNS, PG 3

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Woman attacked by raccoon pack

FLORIDA A 74-year-old, seriously injured by raccoons when she tried to shoo them away from her central Florida home, remains hospitalized, authorities said yesterday.

Gretchen Whitted, of Lakeland, was in stable condition, two days after she saw a family of raccoons near her back patio. She told rescue personnel she tried to wave the animals away; a few minutes later, she spotted them at her front door and tried to run them off again. Then they attacked.

Whitted fell, and the five animals bit and clawed at her, Polk County Sheriff Grady Judd said.

Whitted received dozens of staples and and was treated for rabies.

Animal Control officers hope to catch the raccoons in traps baited with cat food and sardines.

THE ASSOCIATED PRESS

Paris Style

MICHEL EULER/THE ASSOCIATED PRESS

A model displays a creation by British fashion designer Stella McCartney for her Ready to Wear spring/summer 2010 fashion collection, presented yesterday in Paris, France.

Civil salaries outstrip max

Higher pay being buried in hospital budgets

Hefty salaries for some of Ontario's highest paid civil servants — including the deputy health minister, who earned nearly $500,000 last year in salary and taxable benefits — are being channelled through hospitals to skirt government pay guidelines, Torstar News Service has learned.

As Premier Dalton McGuinty's administration clamps down on untendered contracts and consultants' meal expenses in the wake of the eHealth Ontario spending scandal to improve accountability for taxpayers, salaries for top bureaucrats are being buried in hospital budgets.

$1B

Auditor General Jim McCarter is to deliver a 50-page report on the eHealth spending scandal tomorrow. He will be detailing Ontario's bungled push toward electronic health records as it ballooned to more than $1 billion in costs as successive Liberal and Progressive Conservative governments scrambled to get the program online.

The premier's hand-picked climate-change adviser, Hugh MacLeod, was paid $320,695 last year by University Health Network, according to the government's public sector salary disclosure documents.

Deputy health minister Ron Sapsford earns a salary of $433,611 plus $64,700 in taxable benefits through the Hamilton Health Sciences Centre.

Gail Paech, an associate deputy minister of economic development and trade and a former senior health bureaucrat, was paid $291,997.20 by the University Health Network last year.

The salaries are well above the maximum $220,150 recommended for deputy ministers and the range of $146,700 to $188,950 for associate and assistant deputies.

By comparison, Premier Dalton McGuinty earns $207,427 and David Caplan made $164,623 last year.

The practice is used as a means to attract top talent to the bureaucracy, said Kevin Finnerty, a spokesperson for the health ministry.

"We need to pay them comparable salaries ... this is a longstanding practice back to 1994," he said.

"At Ontario public service salary scales we could not attract these people to work in the Ontario government," he said.

The practice is transparent, Finnerty said, because all provincial employees who make more than $100,000 have their salaries disclosed online.

TORSTAR NEWS SERVICE

Egyptians call to ban fake hymen

MIDDLE EAST Conservative Egyptian lawmakers have called for a ban on imports of a Chinese-made kit meant to help women fake their virginity and one scholar has even called for the "exile" of anyone who imports or uses it.

The Artificial Virginity Hymen kit, distributed by the Chinese company Gigimo, costs about $30. It is intended to help newly married women fool their husbands into believing they are virgins — culturally important in a conservative Middle East where sex before marriage is considered by many to be illicit. The product leaks a blood-like substance when inserted and broken.

"It will be a mark of shame on the ruling party if it allowed this product to enter the market."
Sheik Sayed Askar, Muslim Brotherhood

Sheik Sayed Askar, a member of Egypt's Muslim Brotherhood who is on the parliamentary committee on religious affairs, said the kit will make it easier for Egyptian women to give in to temptation. He demanded the government take responsibility for fighting the product to uphold Egyptian and Arab values.

"It will be a mark of shame on the ruling party if it allowed this product to enter the market," he said in a notice posted on the Brotherhood's parliament website.

THE ASSOCIATED PRESS

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- GLORIA MARTIN, 680 NEWS

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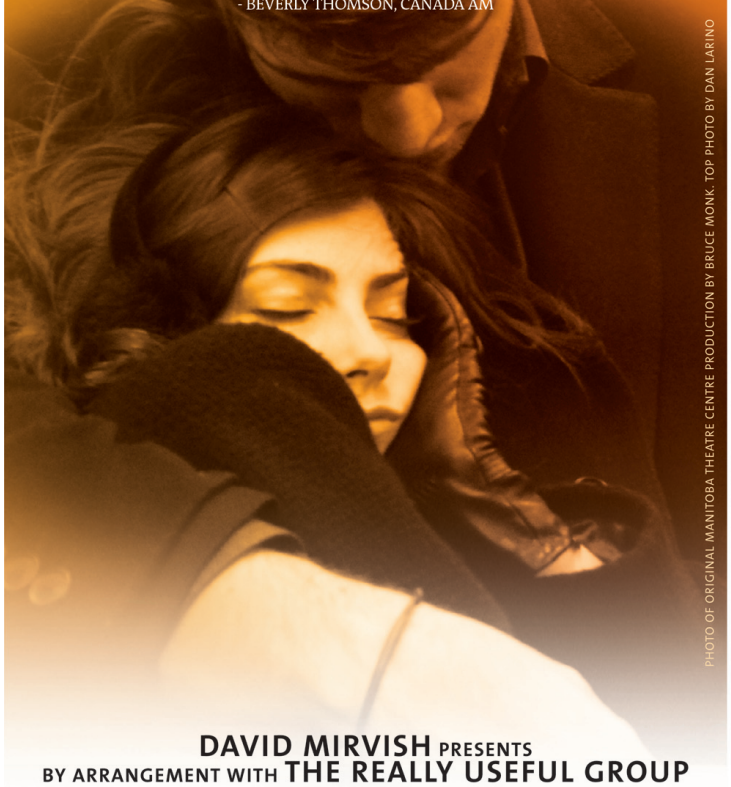

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Local

City services line gets some odd calls

Are chicken wings considered a city service? One person apparently thought so, in one of a few unusual calls the city of Toronto received on its new city services line. The 311 phone line was launched more than one week ago and has fielded nearly 19,000 calls. More than half were about solid waste management, and many others were about water or transportation services. But someone called asking what oven temperature was best for cooking chicken wings. THE CANADIAN PRESS

METRO INTERNATIONAL NEWSPAPER OF THE YEAR
2009 Festival of Media Awards

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metronews.ca
What's online today.

SpinDoctor: Our new blogger Gord McIntosh has worked as a journalist and now as a private political consultant. He cuts through the noise on the Hill at **metronews.ca/blogs**

Tomorrow's Metro

Comment

Paul Sullivan brings his West View on Canadian current events to Metro readers.

Lotteries

Ontario Pick 3: 9 5 6; **Ontario Pick 4 :** 1 3 9 2
Encore: 0305743
Daily Keno: 1, 2, 5, 9, 14, 25, 26, 29, 32, 36, 40, 41, 42, 45, 47, 52, 55, 62, 68, 69
These results are not official.

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Report offers snapshot of Toronto

HEATHER BUCHAN
for Metro Toronto

Although Toronto is a highly desirable place to live, it remains seriously unaffordable. That's the main message in a report on the city released today by the Toronto Community Foundation — a public charitable foundation that connects philanthropy with community needs.

Called Vital Signs, the annual report monitors the quality of life in Toronto by looking at key indicators in 11 specific areas from work to housing, to the environment, safety, transportation and even the gap between rich and poor, and then identifies its strengths and weaknesses.

First launched in 2001, the report was born at the time of amalgamation by a group of concerned Torontonians who decided to track what's good about the city to ensure it remained that way. Eight years later, there are Vital Signs reports in 16 communities across the country.

m.metronews.ca

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"This guides us in establishing what the needs of the city are, and then our job as a foundation is to identify organizations and individuals that are providing solutions to those needs," explains Rahul Bhardwaj, president and CEO of TCF.

Among the findings in this year's Toronto Vital Signs report, which is distributed to municipal and provincial politicians in the GTA as well as universities and colleges: Crime levels within the city's boundaries fell in 2008 for the fifth year in a row; we have greater access to healthy local foods; we have the longest commuting time in Canada with traffic congestion costing each Torontonian $555 a year in lost time, operating costs and accidents; more and more people are using public transit; the youth unemployment rate rose five per cent over the past year, putting Toronto four per cent higher than the national rate; and we are the second most innovative city in North America.

MORE COVERAGE PGS 21-24

City of world-class contradictions

Rahul K. Bhardwaj

News **Analysis**

Toronto — our city is right up there with the best in the world! We are 4th in ease of doing business, 13th among leading commercial centres, and 15th in quality of life.

The Toronto Community Foundation's annual Toronto's Vital Signs Report confirms that we're more prosperous, we're more innovative, we're safer, we're greener. Toronto is truly "world class."

But Toronto is also "seriously unaffordable," ranking 190th internationally and 29th in Canada for housing affordability. Nearly one-third of children five and under in Toronto are in families that are below the Low Income Cut-off and we have nearly double the provincial rate of low income seniors. The youth unemployment rate is over 20 per cent, four per cent higher than the national rate. There are almost twice as many youth gangs as in 2000.

We are in a country that ranks last among 14 western nations in spending on early learning, childcare, and kindergarten programs.

"Toronto is also 'seriously unaffordable,' ranking ... 29th in Canada for housing affordability."

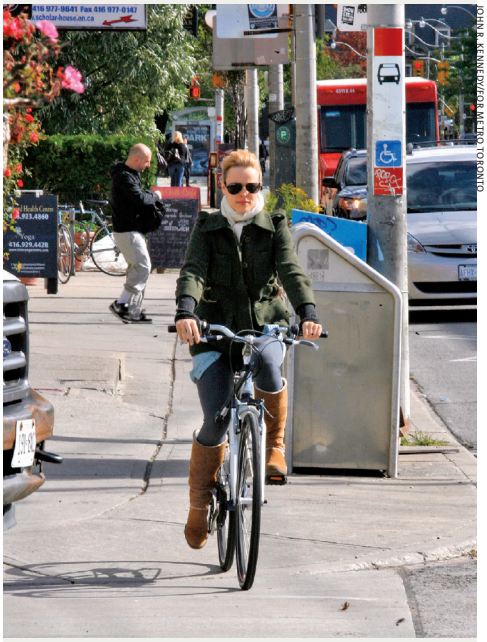
Most startling is the sweeping shift in income levels across our neighbourhoods. In 1970, 66 per cent of Toronto neighbourhoods were middle income, in 2005 it was 29 per cent and by 2025 it is projected to be just 20 per cent — most having slid down the economic ladder.

What about tomorrow? We won't be able to count on young families and immigrants to support our declining population and workforce. They will choose other cities where affordable housing is available. We will not be competitive in the knowledge economy because we did not invest in early learning. The widening gap between rich and poor will fracture our social cohesion.

Clearly, these signs call for a deliberate plan of action because the fine balance that is Toronto is much better kept than recovered. We must invest more in education and youth. We must demand our governments lead with policies that go beyond their own narrow electoral horizon. These are some of our solutions. Tell us yours at vitalsigns@tcf.ca.

Rahul K. Bhardwaj is president & CEO of the Toronto Community Foundation, one of Canada's largest, public charitable foundations. Since 1981, the Foundation has been connecting donors to community needs and opportunities to make Toronto the best place to live, work, learn and grow.

Elementary **It's Rachel McAdams**



JOHN K. KENNEY/FOR METRO TORONTO

Rachel McAdams rides along Harbord Street yesterday morning after a class at Lotus Yoga Centre. The actress, who lives nearby, stars in Sherlock Holmes, which opens on Christmas Day.

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Cops seek suspect in bank robbery

Police are hunting for a suspect after a Bloor West Village bank was held up yesterday. A man entered the TD Canada Trust bank at 2220 Bloor St. W. around 11:30 a.m. and left with an undisclosed amount of cash, said Staff Sgt. Sandra Richardson. TORSTAR NEWS SERVICE

Lawyers told no more jury checks

Crown attorneys in Ontario asked police to look into such things as whether or not prospective jurors had called authorities to report a crime, been a victim of a crime or even complained about a neighbour, Privacy Commissioner Ann Cavoukian reported yesterday.

"Why should that come up in the process of a jury check?" asked Cavoukian.

"Why should the fact that I was a victim of a crime … or if I come forward as a witness, why should any of that appear anywhere?"

After an extensive four-month investigation, Cavoukian issued an order telling Crown attorneys to stop collecting any personal information on would-be jurors beyond the allowed check for a criminal conviction.

"We've exposed the roots of a widespread problem," said Cavoukian as she released her report, along with 22 recommendations.

Eighteen of the 55 Crown attorneys' offices in the province had gathered personal information on prospective jurors since 2006, when the Ministry of the Attorney General finally issued a memo ordering an end to the controversial practice, first raised in 1993, she said.

"This could all have been stopped 16 years ago if some action had been taken at that time," said Cavoukian.

THE CANADIAN PRESS

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DARREN CALABRESE/THE CANADIAN PRESS

Maha Elsamnah, mother of Abdullah Khadr, arrives at Ontario Superior Court in Toronto where her son's extradition case took place yesterday.

Crown blasts credibility of Khadr

EXTRADITION The eldest son of Canada's infamous Khadr family found his credibility under attack yesterday as the Crown opened its extradition case against Abdullah Khadr nearly four years after he was arrested in Toronto at Washington's request.

Khadr, the son of a former close associate of terrorist mastermind Osama bin Laden, is wanted by the United States on charges that he procured weapons for al-Qaida and plotted to attack Americans in Afghanistan and Pakistan.

Patriarch

- Ahmed Said Khadr, the Egyptian-born patriarch who became a Canadian, was killed in 2003 during a raid by Pakistani forces.

The defence maintains that self-incriminating statements Khadr, 28, made to both Canadian and American agents are untrustworthy because they were the product of torture while in custody in Pakistan.

The prosecution, in turn, assailed the truthfulness yesterday of an affidavit in which Khadr states, among other things, that his father was only engaged in charitable works in Afghanistan and Pakistan.

"There is a pattern of intentional misleading in this affidavit that goes on and on," Crown lawyer Howard Piafsky told Ontario Superior Court.

Khadr spent 14 months in custody in Pakistan, where he was arrested after the Americans put up a $500,000 bounty for his capture.

THE CANADIAN PRESS

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Dog catches suspected beer thief

A police dog put the bite on a man suspected of smashing his way into an Oshawa Beer Store and leaving with a load of suds. The dog led officers to the home of a 37-year-old Oshawa man who tried to run, police say, but was bitten on the arm by the dog. TORSTAR NEWS SERVICE

Jonas Bros. boost We Day

Pop stars make a surprise appearance at youth event

A youth empowerment event took on the feel of a rock concert as the Jonas Brothers made a surprise appearance in an all-star lineup of activists, speakers and performers reaching out to thousands of young people.

PHOTO COURTESY OF CTV

The Jonas Brothers were surprise guests at We Day yesterday at the Air Canada Centre. The largest youth-empowerment event of its kind airs as a prime-time special on CTV on Oct. 10.

About 16,000 student leaders were at the Air Canada Centre for the annual We Day event, organized by Free The Children as a celebration encouraging young people to bring about social change at home and around the world.

The appearance of the Jonas Brothers was kept tightly under wraps until they hit the stage. Kevin, Nick and Joe Jonas were first seen on a taped message on the big screen, and stepped out on stage moments later to perform live before the throng of exuberant fans, many of whom unleashed ear-splitting screams and sang along as the trio performed their hits S.O.S and Burning Up.

A similar event was staged last week in Vancouver, where the lineup included the Dalai Lama and singer-songwriter Sarah McLachlan. The Toronto event featured a similarly wide-ranging spectrum of guests including former prime minister Paul Martin, Nobel laureate Elie Wiesel and the rock group Hedley.

Free The Children co-founder Marc Kielburger said they're happy that young people feel that it's "really cool" to be socially engaged.

"What we're fighting most of all is we're fighting apathy," he said during a press briefing yesterday. "We're fighting the ability for kids to say 'I don't care,' or 'I don't think I can make a difference. And if it takes kids cheering for social issues and cheering for social change to be able to now take this as a next step, that's what we're really excited about."

Author and environmental activist Robert Kennedy, Jr., spoke to the audience about his love of Canada and applauded the efforts of the "extraordinary gathering of young people" trying to promote the strongest values of the country abroad.

CTV will air the We Day event as part of a two-hour special Saturday at 7 p.m.

THE CANADIAN PRESS

Don't expect a strike rebate cheque from city

COUNCIL Toronto taxpayers won't be getting any strike rebate cheques — and on top of that, the city won't be saying "sorry."

During yesterday's debate at the executive committee, councillors voted down issuing any direct rebates or credits to residents or businesses, promising only to use the $33 million in savings toward balancing next year's budget.

By a 7-to-1 margin, they also killed a proposal from Coun. Giorgio Mammoliti — who has floated the idea of running for mayor — to issue a written apology to residents for what he called the "horrific" strike.

When reporters asked why the city won't apologize, Mayor David Miller said: "I think you need to speak to Local 79 and 416; they were on strike. The city achieved its bargaining goals." TORSTAR NEWS SERVICE

SIU says it's making changes

OMBUDSMAN One year after Ontario's ombudsman released a scathing report on the province's civilian police watchdog, the agency says it has adopted 19 of 25 recommendations.

Andre Martin

Ombudsman Andre Marin slammed the Special Investigations Unit in his Sept. 30, 2008 report, saying it required a massive overhaul to regain public trust.

THE CANADIAN PRESS

News in brief

PHOENIX A severely neglected dog that captured hearts across the GTA this summer has died. Phoenix, the blond chow chow that was found emaciated and covered with open sores in Courtice in August, was put to sleep Friday at Clarington Animal Hospital.

TORSTAR NEWS SERVICE

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Ice cream plant readies to produce again after fire

Chapman's Ice Cream expects to start producing its frozen treats again at a fire-ravaged Ontario facility by November. General manager Penny Chapman says demolition of the old burned-out plant is just about complete. THE CANADIAN PRESS

Canada

Archbishop told about accusation

The Roman Catholic Church in Newfoundland and Labrador says an allegation made more than 20 years ago about a bishop who is facing child-pornography charges was passed on to the archbishop of St. John's. In a statement yesterday, Archbishop Martin Currie of St. John's says a review shows Rev. Kevin Molloy did have a conversation with a teenager about what he asserts he saw in the home of Raymond Lahey, left. Molloy says the teen told him he saw pornography in Lahey's home. THE CANADIAN PRESS

Lawyer blasts RCMP actions

Mounties 'panicked,' may have planned Tasering, inquiry hears

At best, the four RCMP officers who confronted Robert Dziekanski at Vancouver's airport and stunned him several times with a Taser panicked, the lawyer for Robert Dziekanski's mother told the public inquiry into his death yesterday.

At worst, they arrived with a plan to use what amounted to excessive force, Walter Kosteckyj said in his final submission to the inquiry.

Either way, the Mounties failed to live up to their training and the law, he said.

"The Tasering of Mr. Dziekanski at its best would be characterized as a premature, hurried and panicked response, and at the worst was a premeditated and planned attack," Kosteckyj said.

Kosteckyj spent more than two hours outlining what he called a "systematic failure" to help Dziekanski, 40, at the airport in the hours before his death on Oct. 14, 2007.

He said the officers acted improperly from the moment they entered the airport, not taking time to assess the situation or communicate with Dziekanski, and resorting to the Taser within seconds of approaching the man.

THE CANADIAN PRESS

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Ottawa **Teaching excellence**

ADRIAN WYLD/THE CANADIAN PRESS

Prime Minister Stephen Harper presents the Prime Minister's Award for Teaching Excellence to Michael Sweet, from Lester B. Pearson High School in Montreal, during a ceremony on Parliament Hill in Ottawa yesterday.

Prospects dimming for big rebound

ECONOMY Is the optimism about the economic recovery already waning?

Stunningly poor economic results in the past week — and lack of progress over the weekend at the G7 finance ministers meeting — have cast a shadow over the long-term sustainability of the economic recovery.

Talk of a strong bounce this year with growth rates of four, five and even six per cent has gone silent since Canada reported last week that the economy stalled in July and the U.S. reported losing an outsized 263,000 jobs in September.

Finance Minister Jim Flaherty predicts that unemployment in Canada is likely to remain high until into next year and the G7 summit communique warned, yet again, that labour markets remain troubled and the recovery "fragile."

The next big number is Friday's employment data for Canada and economists are as confused as everyone else about what that will show.

"The economist consensus ranges from minus 30,000 jobs to plus 20,000," notes Scotiabank's Derek Holt, "which is basically the consensus saying, 'I haven't a clue.'" THE CANADIAN PRESS

Tracking stimulus efforts no easy task

TRANSPARENCY Canadians trying to track the federal government's stimulus efforts may be looking with envy to the United States.

There a government-funded website lets anyone see the big picture, drill down to look at what's happening on an individual street or any level of detail in between.

In Canada, the government's websites contain lists of contracts awarded through an array of programs that make up Ottawa's $12-billion stimulus package.

But none of it is searchable, and researchers complain that even the simplest analysis is next to impossible.

THE CANADIAN PRESS

Caution urged over water due to algae

QUINTE Some residents are being urged to avoid direct contact with water from the Bay of Quinte in eastern Ontario because of a blue-green algae bloom.

While residents can drink the water in Belleville and Quinte West, officials say recreational activities on the Bay of Quinte should be avoided.

Some forms of the algae can cause skin irritation, nausea and vomiting.

THE CANADIAN PRESS

News in brief

HEALTH The head of the Alberta Union of Provincial Employees says a plan to close 246 beds at Alberta Hospital Edmonton is going to hurt the province's health-care system and push up demand for services at city hospitals that are not equipped to deal with mental patients. THE CANADIAN PRESS

"So TV Stations already get $100 million for local programming? And now they want us to pay even more?"

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N.S. man charged with shooting of ATV driver

RCMP in southwestern Nova Scotia say a man is facing charges after the driver of an ATV was shot over the weekend. Police say the 28-year-old driver of the all-terrain vehicle was shot in the back with a 12-gauge shotgun. THE CANADIAN PRESS

Corrections worker missing

Family and friends of a missing federal corrections employee say they fear she might have been abducted.

Natasha Cournoyer, 37, is a communications employee with the Correctional Service of Canada and hasn't been heard from since last week.

Police north of Montreal set up a command post yesterday near the parking lot of an office tower where Cournoyer was last seen four days earlier.

"I tried calling her cellphone from Thursday until today and at the beginning it rang — but now it goes straight to voice mail," said her boyfriend, Michel Trottier. He said Cournoyer's job took her to federal correctional facilities. She didn't have direct contact with inmates, he added.

He said he's mystified as to why she would disappear.

"I have no doubt it's a kidnapping. Nothing else comes to my mind," he said. "I don't know why, I don't know who, but I think it's somebody that knew her."

Laval police hope to meet with witnesses who might provide insight into the disappearance. Police are offering a reward of up to $10,000 for information leading to her recovery.

THE CANADIAN PRESS

Disappearance

- Cournoyer was last seen in a surveillance video, leaving her office building with two bags Thursday. She was parked at the very end of a huge, dark parking lot. Her charcoal Mazda 3 never left the lot, police say.

PAUL CHIASSON / THE CANADIAN PRESS

Michel Trottier, boyfriend of Natasha Cournoyer, holds a missing persons flyer yesterday for the Corrections Canada worker, who disappeared Thursday evening after work.

Reserves and remote areas vulnerable to H1N1: Critics

HEALTH Remote and First Nation communities in northern Ontario could be more vulnerable to the spread of swine flu this fall, critics say amid reports that a second wave of H1N1 may have already arrived in the province.

Aboriginal leaders and opposition parties say poverty and overcrowding are creating dangerous situations on reserves and communities with little access to doctors and nurses.

Many in Attawapiskat First Nation, an isolated reserve near James Bay, live in buildings that consist of a plywood structure with a tarp roof and no indoor plumbing, said Chief Theresa Hall. "If the pandemic should hit our community, although we are prepared, it's going to hit those people because they're not adequately housed," she said.

Aboriginal communities aren't the only ones dealing with overcrowding, said NDP health critic France Gelinas, who represents the northern riding of Nickel Belt. In some cases, 16 people share a two-bedroom apartment and sleep in shifts because there aren't enough beds, she said, adding hygenic measures to stop the spread of H1N1 won't work in such close quarters. THE CANADIAN PRESS

Flu Outbreak

Canada to create 84,000 IT jobs, says study

LABOUR Canada's information technology industry will create more than 84,000 skilled jobs over the next four years, according to a recent study.

The IT industry will also help create more than 1,000 new businesses between the end of this year and the end of 2013, says the study by global research firm IDC and Microsoft.

The study says most of the new companies will be small and locally owned organizations, and the jobs will require a high level of skill. THE CANADIAN PRESS

News in brief

SPACE Canada marked a milestone yesterday: Marc Garneau blasted into space as the country's first astronaut 25 years ago to the day. Industry Minister Tony Clement presented Garneau with a pin yesterday at a ceremony on Parliament Hill. The anniversary coincided with another first — Cirque du soleil founder Guy Laliberte as Canada's first space tourist.

DEATH The body of a missing hunter has been found in a creek in Ancaster, Ont., east of Hamilton, by members of his hunting party. The hunters found the man, believed to be in his mid-40s, unresponsive in a creek. A post-mortem examination will be performed to reveal a cause of death. Police say foul play is not suspected. THE CANADIAN PRESS

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Vancouver Travel Oct 10/ac — one-way $169 + taxes & fees $64

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Rio de Janeiro Travel Nov 5 - Nov 30/la — $469 + taxes & fees $254

Moscow Travel Nov 5 - Nov 28/ua — $569 + taxes & fees $385

Dubai Travel Nov 5 - Nov 30/lx — $799 + taxes & fees $429

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New Orleans Halloween Air + 5 Nights + Activities — *Hilton New Orleans Riverside* — $778 + taxes & fees $129
INCLUDES 4-star accom walking distance to the French Quarter. BONUS Ghosts & Spirits tour and Vampire tour included. Departs Oct 29/ggv/aa.

Honolulu Air + 7 Nights — *Ohana Waikiki West* — $939 + taxes & fees $137
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Riviera Maya 7 Nights 4-Star — *Catalonia Yucatan* — $497 + taxes & fees $272
Departs Oct 18/nol/ts.

Puerto Vallarta 7 Nights 4-Star — *Holiday Inn Puerto Vallarta* — $498 + taxes & fees $272
Departs Oct 22/vat/c6.

Panama 7 Nights 4-Star — *Royal Decameron* — $597 + taxes & fees $196
Departs Oct 26/nol/c6/ts.

Punta Cana 7 Nights 4.5-Star — *Catalonia Bavaro Beach* — $597 + taxes & fees $320
Departs Oct 23/nol/ts.

Margarita Island 7 Nights 4-Star — *Hotel Dunes* — $627 + taxes & fees $318
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TICO

Full house in Manitoba jails: Guards
Manitoba jail guards say a weekend prison riot is proof that inmate overcrowding in the province is getting worse. Paul Olfert, head of the union representing jail guards, says that Manitoba needs a new jail. THE CANADIAN PRESS

Men mauled by tiger during zoo break-in

Police are trying to figure out why a pair of 27-year-old men scaled two fences at the Calgary Zoo in the dead of night and were attacked by a massive Siberian tiger.

The arms of one of the men were badly mauled in the encounter, which happened early yesterday morning. The other man sustained only minor injuries.

The first hint of a problem came at 1:03 a.m., when a glimpse of one of the men was caught on security cameras near the enclosure housing three of the zoo's tigers.

The pair had scaled a 2.5-metre fence topped with barbed wire, which surrounds the property. They then hopped a safety fence around the tiger enclosure.

Only one of the giant cats, a two-year-old male named Vitali, was prowling outside at the time.

With only a slim wire fence between Vitali and the men, the tiger attacked.

JEFF MCINTOSH/THE CANADIAN PRESS
Vitali is a two-year-old Siberian tiger at the Calgary Zoo.

The security camera next caught the men as they were helped to a security station at 1:07 a.m. after calling a guard they knew who works at the zoo. None of the injuries are considered life-threatening, according to the zoo, but there were reports that the badly injured man could lose an arm.

A person would have to be pressed up against the fence for the tiger to be able to reach them, said Tim Sinclair-Smith, the zoo's Eurasia curator.

Criminal charges of break and enter and trespassing were being considered and it's not yet known whether alcohol was involved, said police.

THE CANADIAN PRESS

Medical test results under review in N.B.

HEALTH CONCERNS A New Brunswick health district has ordered an external review of thousands of ultrasounds, chest X-rays, mammograms and other tests done over the last three years by a radiologist at hospitals in the province's northwest.

Regional Health Authority A said in a statement yesterday that a quality review of the tests performed by the unnamed radiologist at Grand Falls General Hospital and Hotel-Dieu Saint-Joseph in Saint-Quentin revealed irregularities that warranted further review.

The authority says the review over the summer focused on a sample of examinations from December 2008 to February 2009.

"In light of the study's findings, a retrospective study of some examination reports produced by this physician will be undertaken," said Dr. Neil Branch, vice-president of medical affairs for the health authority.

Branch said the physicians for the affected patients have been informed and required measures were being implemented.

53 Reviews were held for 332 examinations by an unnamed radiologist. Of those, 53 tests revealed irregularities, leading to further investigation.

He said an external review by independent specialists will begin shortly and cover medical procedures performed by the radiologist from 2006 to 2009 at the two hospitals and elsewhere in the region.

The authority said people requiring medical follow-ups as a result of the review will be contacted.

Andree Robichaud, the authority's president and CEO, said the radiologist's hospital privileges have been suspended pending the outcome of the external review. "Patient safety is, and will remain, (the authority's) absolute priority," said Robichaud.

THE CANADIAN PRESS

Opposition foams over new lease for Maid of the Mist

CHOPPY WATERS The Opposition is alleging political interference by Ontario's Liberal government in the awarding of a 25-year lease to operate the Maid of the Mist tour boats in Niagara Falls. The Niagara Parks Commission decided last year to extend the lease with the Maid of the Mist Steamboat Company for 25 years without putting it out for competitive bidding.

Tory critic Bob Runciman says the Liberals are already under fire over untendered contracts awarded by eHealth Ontario and shouldn't be approving this one. But Tourism Minister Monique Smith says a lease is not the same as an untendered contract. THE CANADIAN PRESS

News in brief

FIGHT AT SEA Canadian warship HMCS Fredericton will help NATO fight pirates in the Indian Ocean and Arabian Sea.

LAND WAR A Toronto court will hear evidence today in the Grassy Narrows First Nation's fight against logging on traditional lands. THE CANADIAN PRESS

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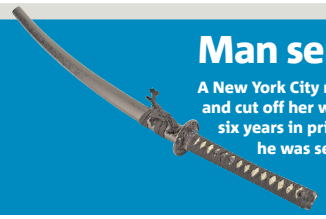
European farmers protest milk prices

Farmers drove hundreds of tractors and a lone cow to the heart of the European Union bureaucracy yesterday, pelting police with bottles and chickens and dumping milk and manure onto the streets of Brussels in a protest against collapsing milk prices. THE ASSOCIATED PRESS

World



Man sentenced in samurai sword plot

A New York City man who admitted trying to hire a hit man to kill his estranged wife and cut off her wedding-ring hand with a samurai sword has been sentenced to two to six years in prison. Rockefeller Auguste told a judge he was "deeply remorseful" as he was sentenced yesterday. He pleaded guilty to conspiracy last month.

THE ASSOCIATED PRESS

Court rejects diocese request

CONNECTICUT The U.S. Supreme Court refused yesterday to block the release of documents generated by lawsuits against priests in the state of Connecticut for alleged sexual abuse. The justices turned down a request by the Roman Catholic diocese in Bridgeport. Several newspapers are seeking the release of more than 12,000 pages from 23 lawsuits against six priests. The records have been under seal since the diocese settled the cases in 2001. Courts in Connecticut have ruled that the papers should be made public.

The decision ends a legal battle that dragged on for years and could shed light on how retired New York Cardinal Edward Egan handled the allegations when he was Bridgeport bishop. It's unclear when the documents will be released.

THE ASSOCIATED PRESS

Women share Nobel first

Two women honoured for medicine for first time in same year

Americans Elizabeth Blackburn, Carol Greider and Jack Szostak won the 2009 Nobel Prize in medicine yesterday for discovering a key mechanism in the genetic operations of cells, an insight that has inspired new lines of research into cancer.

It was the first time two women have been among the winners of the medicine prize.

Dr. Jack Szostak

The trio solved the mystery of how chromosomes, the rod-like structures that carry DNA, protect themselves from degrading when cells divide.

Blackburn and Greider discovered the enzyme that builds telomeres — telomerase — and the mechanism by which it adds DNA to the tips of chromosomes to replace genetic material that has eroded away.

The prize-winners' work, done in the late 1970s and 1980s, set the stage for research suggesting that cancer cells use telomerase to sustain their uncontrolled growth. Scientists are studying whether drugs that block the enzyme can fight the disease. In addition, scientists believe that the DNA erosion the enzyme repairs might play a role in some illnesses.

Ten women have won the prestigious medicine award since the first Nobel Prizes were handed out in 1901, but it was the first time that two women were honoured in the same year.

Nobel judges say women are underrepresented in Nobel statistics because the award-winning research often dates back several decades to a time when science was dominated by men. THE ASSOCIATED PRESS

MICHAEL PROBST/THE ASSOCIATED PRESS FILE PHOTOS

Dr. Elizabeth Blackburn and Dr. Carol Greider

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News in brief

PAKISTAN A suicide bomber who killed five staffers at the UN food agency's headquarters in Pakistan yesterday was dressed as a security officer and allowed to enter the heavily guarded building after he asked to use the bathroom. The United Nations announced it was temporarily closing all its offices in Pakistan after the bombing, which blew out windows and left victims lying in pools of blood in the lobby of the World Food Program compound.

HONDURAS The interim Honduran government yesterday revoked an emergency decree that prohibited large street protests and limited civil liberties following the return of ousted President Manuel Zelaya. The decree, which resulted in dozens of arrests and the closing of two pro-Zelaya media outlets, "has been completely revoked," Interim President Roberto Micheletti said. Zelaya remains holed up inside the Brazilian embassy.

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Leaving is not an option
White House spokesman Robert Gibbs said yesterday President Obama is not considering a withdrawal from the war in Afghanistan. THE ASSOCIATED PRESS

Chinooks are a breath of fresh air for troops

'Copters boost safety for Canadians in Afghanistan

Getting from Kandahar Airfield to any of the forward operating bases in the troubled province has always been a danger for the Canadian military.

Road convoys loaded with fresh troops and supplies were the lifeblood of the remote outposts — and a constant, easy target for the Taliban, who would attack with suicide bombers, small-arms fire and improvised explosive devices.

And then came the Chinooks.

Long awaited and much anticipated (even though they were "previously enjoyed," as one Canadian soldier joked), the six helicopters purchased from the U.S. have seen almost non-stop action since starting to fly in Afghanistan in February.

A Chinook in Panjwaii district

On a recent day, a Chinook flanked by two CH-146 Griffon escort helicopters made about 15 stops, each for just a few minutes. It transported close to 200 Canadian and American soldiers to locations in the dangerous Panjwaii, Zhari and Arghandab districts.

"It is pretty cool when we see the actual results of the job we're doing," said Maj. Darryl Adams, 34, who has logged 60 missions in Afghanistan.

"You see the smiles on the faces. You see the effect on the ground as well, making sure the guys are getting from one place to another safely. I can't think of anything better than that."

The Canadian army began calling for Chinook helicopters in 2006 to get troops off the bomb-sown roadways of Kandahar, but they weren't forthcoming until the independent commission headed by John Manley made buying the helicopters a condition of continuing the Afghan mission.

THE CANADIAN PRESS

News in brief

McANGELO? A plan by McDonald's to open an outlet in the shadow of the Louvre has left some angry at the thought of mixing high art and fast food. The location will open in December in a food court beneath the museum, as McDonald's fetes its 30th anniversary in France — its top market outside the U.S.

THE ASSOCIATED PRESS

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Pot-smuggling pilot sentenced

A Canadian helicopter pilot who brought about 70 kilograms of marijuana into northern Idaho faces nearly four years in prison. The 46-month sentence was imposed Friday in U.S. District Court on 29-year-old Jeremy Snow of Kelowna, B.C. THE ASSOCIATED PRESS

Rescue search called off

Focus shifts to relief, recovery of bodies from Sumatra quake

Helicopters dropped instant noodles and other aid to cutoff hillside communities that were without food for five days, as rescue workers gave up their search yesterday for survivors from last week's massive Indonesian earthquake.

When all the bodies are counted and the missing declared dead, the death toll from Wednesday's 7.6-magnitude quake in Sumatra island is expected to be in the thousands. The official toll currently is 609.

"The chances of survival while being trapped without water and food under the rubble for so long are impossible from now," said Gagah Prakoso, a spokesman for the Indonesian Search and Rescue Agency. "So we will speed up our search to find bodies and clean up the ruins."

Ignacio Leon, head of the UN's humanitarian agency in Indonesia, said the focus had shifted away from finding survivors and "we are supporting the government now more in the relief side."

THE ASSOCIATED PRESS

Return to regular life

- A measure of normalcy returned to Padang, the devastated capital of West Sumatra province as hundreds of children went back to classes in schools set up in tents.

AARON FAVILA/THE ASSOCIATED PRESS

A man carries his bicycle and other belongings along flooded streets in Taytay township, Rizal province, Philippines yesterday.

Typhoon Parma continues to cause havoc in Philippines

FLOOD Typhoon Parma weakened into a tropical storm but lingered off the northern Philippine coast yesterday, causing widespread flooding and landslides that have killed 16 in the country and churning up rough seas that sank a cargo ship off neighbouring Taiwan.

The Taiwanese coast guard said 10 crew members of a Panamanian cargo ship are missing after the vessel sank in the Taiwan Strait near the Bashi channel, which separates the island from the Philippines.

Chief Philippine government forecaster Nathaniel Cruz said Parma headed northwest into the South China Sea after blowing across the country's north, which is still reeling from an earlier storm that killed almost 300 people. Parma was now almost still because Typhoon Melor, which blew into Philippine waters yesterday from the west, was pulling it back toward the coast.

Parma can still roar back into the country and will continue to dump heavy rain, Cruz said. The storm was located 220 kilometres off northern Laoag city, packing winds of 105 km/h and gusts of up to 135 km/h.

Typhoon Melor over the northern Pacific Ocean was pushing west, Cruz said. It was too far off the coast to affect the rain-soaked northern Philippines and was expected to blow toward southern Japan later this week, he said. THE ASSOCIATED PRESS

Non-stop

- Parma hit the Philippines just eight days after tropical storm Ketsana inundated Manila and surrounding provinces, killing almost 300 people.

News in brief

SHROUD OF TURIN A group of Italian debunkers is claiming it has proved that the Shroud of Turin — revered as the cloth that covered Jesus in the tomb — was man-made. The shroud bears the image of a crucified man. Believers say Christ's image was recorded on the fibers at the time of his resurrection. The Italian Committee for Checking Claims on the Paranormal said that scientists have reproduced the shroud using materials and methods available in the 14th century. The group said in a statement this is further evidence the shroud is a medieval forgery. THE ASSOCIATED PRESS

Saudi king, Syrian president to meet

RELATIONS Saudi King Abdullah will visit Damascus and meet with Syria's president this week in the strongest sign of improving relations between the two Arab rivals after years of tension, Syria's state-run news agency reported yesterday.

Relations between the two countries deteriorated after the Feb. 14, 2005 assassination with a truck bomb of former Lebanese prime minister Rafik Hariri. Hariri also held Saudi citizenship. THE ASSOCIATED PRESS

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Comment

Harper hits a high note

NationalReport
Lawrence Martin

metronews.ca/nationalreport

SEAN KILPATRICK/THE CANADIAN PRESS

Canadian politics has seen many iconic moments, times when the prime minister shocked the flock. How about Jean Chrétien, in dark shades, looking like a mafia don, taking a protester by the scruff of the neck and heaving him aside?

How about Pierre the bannister-slider Trudeau and the infamous fuddle-duddle outburst wherein he told the members of the opposition to go forth and multiply?

Or Brian Mulroney taking to the stage with Ronald Reagan for a rousing rendition of "When Irish Eyes Are Smiling?"

These moments were all in keeping with the character of the perpetrator. Chrétien, a streetfighter, Mulroney, a ham, etc...

What made Stephen Harper's piano and song act Saturday night more astonishing was that it was so unlike Stephen Harper. He was seen to be a philistine, the guy who turned up his nose at chi-chi galas. His image as a brooding chess player, a leader bereft of mirth and spontaneity, was what held him back. Canadians didn't want to give a majority government to someone, no matter how competent, they did not like, could not warm to.

For years everyone has been telling Mr. Harper, "For god's sakes, lighten up." He's been well aware of the personality issue. On policy he adroitly moved his government to the moderate middle, finding a comfort zone with Canadians. On personality he knew he still had a lot of work to do.

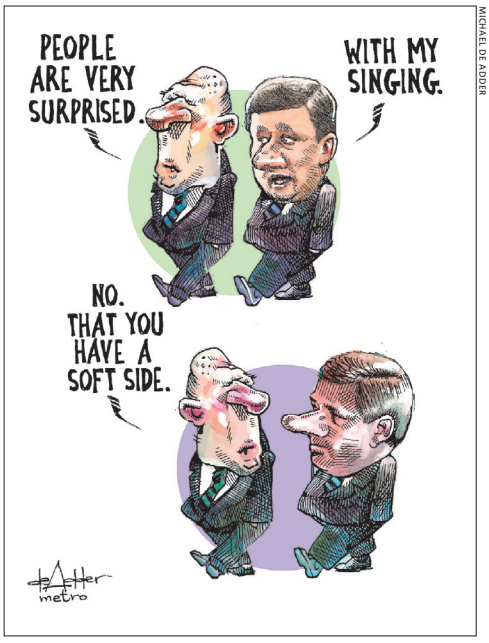
The blue-sweater commercials in the last election campaign served to soften his image somewhat. But he soon reverted to old form. It was like he couldn't help himself, couldn't quite tame his antagonistic instincts. He needed something to jolt the image. Enter his wife, the sprightly Laureen. Hats off to her. She was the brains behind the caper at the gala.

No doubt he has changed a lot of perceptions with his gutsy performance. This clip will be shown on every Harper hi-lite reel from here to eternity. Any time someone tries to suggest this guy's a creep they'll get this image thrown back at them.

His career has seen many surprise moments — his bringing Liberal David Emerson into his cabinet, his stunning Quebec nation gambit, his entirely bizarre budget update of last fall.

But none beats this one. He still has a ways to go before he works his way into the people's hearts. But for the first time, he's within striking range.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Views

The new workplace is not for the elderly

ModernLife
Georgie Binks

metronews.ca/modernlife

As a freelancer sequestered in my basement for the past 12 years, the outside work world has been looking increasingly attractive. The lure of paid vacations, workplace gossip and seeing what other people are eating for lunch is strong. Until last night, I envisioned returning to a job where people my age would be joking about downsizing and vacations. I'm not sure where those people are — retirement homes, dead or golfing — but guess what? Their babies, who wouldn't sleep through the night, are running the show.

At a work-related event earlier this week, I stumbled upon the horrifying fact I was the oldest person in the room. Scanning for some sign of oldness — grey hair, no hair, wrinkles, clothes that don't show cleavage, I encountered only flawless skin and full heads of hair. Figuring these kids were with their parents or on a break from the coat check room, I soon discovered not only did they have jobs, they'd landed the good ones — ones I'd envisioned myself lolling about in with my newly acquired health benefits. Initially I asked them about their work, vacations, condos (that's where cool, young managers live) but quickly slid into my Mike Wallace grilling mode. "How old are you? I bet I'm your Mom's age, right?"

Not quite. Two fabulous-looking women, an editor and a business manager, informed me their moms were 49 and 52. Oops — I'm even older.

When I buttonhole an arts editor about writing a story about a punk band making a comeback after 30 years, he doesn't recall their name. "How old were you 30 years ago?" I snap.

"Two." He looks sheepish.

I may still get the 'You guys are sisters, right' sales pitch from young clerks when I'm with my daughter and yes, young men take a second look, but the big question is, will they take a second look at my resumé when they notice they were born the same year I started my sixth job?

I call my old friends, and I mean old. "Is it all kids at your workplace, now?"

One, a manager, sighs, "I try to hire old people."

Another admits, "I feel like I'm their Mom."

It feels like the new Melrose Place, with all those young kids. Thank God, Heather Locklear's coming back to run the show.

I pray life will imitate art.

Georgie Binks is a Toronto freelance writer who writes about gender and relationships; georgiebinks@rogers.com

Worth mentioning

Britain using Simpsons to push healthy eating

Forget all the pizza and doughnuts — the British government wants fans of The Simpsons to ditch junk food and eat more healthily.

The Department of Health is spending $1 million to sponsor episodes of the long-running U.S. cartoon series broadcast on Channel 4, as part of its Change4Life campaign.

Before the start of the sponsored shows, cartoon characters pretending to be the members of the dysfunctional animated family are shown sitting on a sofa tucking into ice cream and chips which then morph into more healthy alternatives. The government hopes that viewers will realize they should follow that behavior, and not the beer-swilling, doughnut-guzzling diet of Homer Simpson and his family.

The Public Health ministry said the aim was to produce innovative ways to reach the target audience. REUTERS

We Know What You're Thinking

51% The number of Canadians who eat a hamburger in five minutes or less.

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Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

Wind energy firm to miss profit targets

Hanwei Energy Services Corp. warned yesterday it will miss its 2009 revenue growth and profit targets due to slow government approvals for some wind farm projects that has delayed equipment deliveries to a Hanwei customer. THE CANADIAN PRESS

Business

DOLLAR	GAS	OIL	TSX
US 93.45¢	US $4.987	US $70.41	11,102.62
US 1.07¢	US 26.9¢	US 0.46¢	144.29

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Business in brief

REORGANIZATION Armtec Infrastructure Income Fund, a leading Canadian manufacturer of drainage pipes and other infrastructure products, is streamlining operations after a period of "furious" growth that has seen it more than quadruple in size in two years. Armtec said yesterday it expects to reduce its annual costs by between $6 million and $8 million through the reorganization, which will include the creation of a national support operation based in Guelph.

PAYOUT Contrans Income Fund will resume paying quarterly cash distributions, seven months after they were suspended due to the North American recession and reduced shipments of auto parts. The Ontario-based fund, which owns a trucking business that depends heavily on the auto sector, announced yesterday it will make a distribution of 44 cents per unit on Oct. 30. Contrans announced in March it needed to preserve cash. THE CANADIAN PRESS

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TSX soars on U.S. data

The Toronto stock market ended yesterday with a triple-digit gain as investors responded positively to data that showed a U.S. economic recovery may indeed be gathering speed.

Toronto's S&P/TSX composite index was up 144.29 points to 11,102.62.

The U.S. Institute for Supply Management said that its services index rose to 50.9 in September from 48.4 in August. Analysts polled by Thomson Reuters had expected a reading of 50, the dividing line between growth and contraction.

The improvement in the overall index was welcome but the prices-paid index fell to 48.8 from 63.1, which signals businesses have little power to raise prices as consumers struggle.

But Kate Warne, Canadian market strategist at Edward Jones in St. Louis, cautioned investors over putting too much weight into a singular piece of economic data. THE CANADIAN PRESS

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Smaller firms fare better in tough times

DOWNTURN CIBC says small is better for Canadian businesses coping with turbulent economic times.

A report from the bank says small and medium-sized firms appear to have survived the recession much better than their larger rivals, with relatively few bankruptcies or staff layoffs.

As well, the bank says smallish firms are well-positioned to take advantage of the recovery.

The bank says that's because smaller firms are geared more toward selling their products and services to domestic consumers, who are in a stronger financial position than their U.S. counterparts. THE CANADIAN PRESS

Cambodia **Jobs unravelling**

HENG SINITH/THE ASSOCIATED PRESS

Cambodian garment factory workers travel together on a motorcycle cart to get home from work in Kampong Chhnang province in this photo taken on March 27. Yesterday the government said the global recession forced the closure of 77 garment factories in Cambodia in the first nine months of 2009, throwing more than 30,000 people out of work.

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Interest rates/Savings accounts
METRO NEWS SERVICES

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

When less is more

AlisonOnMoney

If you want to get on the fast track to uncontrollable debt, the easiest way to do it is not by ramping up your spending but by falling into the practice of paying only the minimum on your credit card each month.

Those minimums can seem like a bit of a gift in the beginning. Gee, I get to use all this money and only pay back a tiny part of it every month! Not so fast.

Typically minimum payments are between 1.5 and 2.5 per cent of your balance. Say you owe $5,000 on a credit card with a 19.5 per cent interest rate. The minimum payment at two per cent is $100. If you keep paying the minimum, after 25 years you will still owe $1,600 and will have forked over a staggering $14,673 in interest — nearly triple the amount you borrowed in the first place.

Take a look at the monthly math. Of the first $100, $81.25 goes to interest while only $18.75 is applied to your principal. So you still owe $4981.25 after one payment.

The kicker is that these calculations assume you charge nothing further during this period. How many people are able to put away their credit card for 25 years?

There is some hope here. Double the monthly payment in the example to $200 and it will only take you 33 months to pay off the $5,000 with an interest cost of $1468. Much better.

The extra $100 has such a huge impact on the payout because it is applied directly to the balance. Of the $200, $81.25 goes to interest, with $118.75 applied to the balance.

Ratchet up your monthly payments to $300 and you cut the payout period to 20 months with the interest only $878.

The moral of the story; never pay only the minimum on your balance and upping the payment by even a small amount monthly will go a long way to getting the debt gone.

Alison's Money Rule:

- Paying the minimum on your credit cards is the financial equivalent of locking yourself in a straightjacket and throwing away the key.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

MoneyMatters

Henry Choo Chong

Henry Choo Chong talks about new home purchases for investment. Visit metronews.ca/moneymatters to read his column.

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INFORMATION FEATURE

The RBC site offers investors online tutorials on how to read stock quotes and how to buy mutual funds online.

One-click investing

RAFAEL BRUSILOW
for Metro Canada

Direct investing online isn't just for day traders anymore — it can be a highly effective way to make your long-term investments work for you while saving a bundle on fees.

Jason Storsley, president and CEO of RBC Direct Investing, says the perception of online direct investing as a tool meant solely for quick-draw traders is a misconception when compared against the long list of refined tools it offers to long-term investors.

"While online direct investing is definitely well-suited towards active traders, increasingly it's being seen as a great place for long-term investments. It has evolved far beyond just a space for active traders," Storsley said.

RBC Direct Investing puts a slew of sophisticated research and management tools in the hands of investors, especially in the field of mutual funds — which Storsley says are often an ideal option for direct investors because they combine the self-guided decision making of direct investing with professionally vetted products.

"Mutual funds are key for investors interested in a diversified portfolio and for investors not interested in the micro-type decisions of which individual stock to buy, but rather in delegating to a professional to build an asset mix they're comfortable with," Storsley said.

Online tutorials through the RBC site (rbcroyalbank.com) complete with voiceovers will help you get up-to-speed on how to read stock quotes, how to use analysis tools and how to buy mutual funds online.

Whereas in the past, online brokers may have offered very rudimentary mutual fund options, direct investors with RBC have access to model portfolios, mutual fund packages already seeded with funds hand-picked by RBC and collected together based on their appropriateness to different investing goals. Each of the 19 different model portfolios is already diversified within itself and tailored to meet the needs of a particular type of investor.

"The experts at RBC have gone out with put together a basket of mutual funds, and they've done it for more conservative investors and more aggressive investors. We're trying to cater to investors regardless of how much time they want to invest," Storsley said.

For investors interested in doing their own legwork, RBC offers access to a wide swath of powerful tools, including independent research, performance indexes and analyses and a fully customizable search utility that allows investors to screen through the entire catalogue of available mutual funds to get find exactly the right mutual fund for each investor's particular needs. With more than 1,000 mutual funds to pick from, investors can screen using parameters such as price, performance and type to get a list of the top 10 choices appropriate for them based on their choices.

Series D mutual fund options by RBC offer funds with strong performance for fees usually half the industry average, another strong choice for self-directed investors.

Depending on your particular investment goals, Storsley says fixed-income products like government or corporate bonds might be a good choice if you want to minimize volatility in your portfolio, or you might be interested in taking bolder steps. It all depends on your own personal goals and investment desires — just like any traditional investor, a direct investor has to ultimately be aware of what feels right for him or herself.

"A successful investor first understands that investing is about managing risk before managing returns. Make sure you understand yourself and how much risk you're willing to handle," Storsley said.

Online tools

Advanced online tools at RBC make self-directed, long-term investing a great option for saving money on fees while guiding your investments yourself.

- **Have your pick of the litter:** Model portfolios, prescreened by RBC experts, can be an efficient and painless way to buy into an already-diversified portfolio of mutual funds that have a proven track record. RBC experts do the hard work; you pick the perfect fund.
- **Find the golden needle in the haystack with one click:** Despite the choice of more than 1,000 mutual funds, in seconds direct investors with RBC can screen down to just the five or 10 funds that make the most sense for themselves by screening funds through a wide range of criteria.
- **Get tuned up:** Spend a few minutes with an online tutorial at rbcroyalbank.com/oec and get a refresher on all things banking and investment related.

On the web

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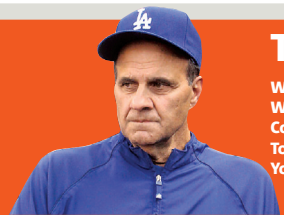
Fencing silver for Canada
Ottawa's Sherraine Schalm pushed her opponent to overtime before settling for a silver medal yesterday at the world fencing championships in Turkey. Lubov Shutova of Russia won gold. THE CANADIAN PRESS

Sports



Torre ties playoff record

When the Los Angeles Dodgers clinched the National League West title this season, manager Joe Torre, left, tied Bobby Cox's record of 14 straight playoff appearances by a manager. Torre reached the playoffs 12 consecutive times with the New York Yankees and now twice in two years with the Dodgers.
METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Is the Battle of Ontario suffering a lack of sizzle?

NHL PREVIEW

Ottawa at Toronto

AT

HOCKEY The Maple Leafs-Senators confrontation tonight should indicate whether or not the old Battle of Ontario still has legs.

The Leafs (0-2) and Sens (0-1) both have re-tooled their rosters and the effects have been largely positive despite the fact they are winless. And fan interest in the Battle should have been sparked more than in the past two seasons because the Leafs' makeover has been decidedly physical.

"Any time you play the Leafs, it's a big game," Senators coach Cory Clouston said. "Even last year, going back to the last game of the season (a 5-2 Toronto win), you could tell the hype and excitement around that ... there will definitely be some excitement."

Just two years ago, the Senators were at the end of run in which they posted six consecutive 100-point seasons. The Leafs fell out of the playoff picture in '06, but the Senators continued on, advancing to the Stanley Cup final in the spring of 2007. But they have not been the same organization since. TORSTAR NEWS SERVICE

Monster waiting in the wings

Gustavsson may make debut in Maple Leafs net tonight against Senators

There's a monster waiting in the wings for the winless Toronto Maple Leafs.

Goaltender Jonas Gustavsson, dubbed The Monster by his former Swedish league coach, is quietly sitting on the sidelines and looking forward to his first career NHL start.

It could come as soon as tonight against the Ottawa Senators, although Leafs coach Ron Wilson has yet to reveal his goaltending plans. Gustavsson is good to go if Wilson elects to start him over Vesa Toskala.

"If he wants me to play, of course I'm ready," Gustavsson said yesterday after practice. "That's why I'm here. I want to play and try to contribute something to the team ... I feel I'm ready."

After a pair of losses to open the season, many Leaf fans are already anxious to see him get a start. The 24-year-old Gustavsson was a hotly-pursued free agent that Leafs GM Brian Burke called the best goalie outside of the NHL last season.

He saw his first regular-season action in relief of Toskala during Saturday's 6-4 loss in Washington, allowing three goals in 40 minutes of work. The game was already out of reach when Gustavsson entered and he can't really be blamed for any of the goals that beat him.

Jonas Gustavsson

When asked about which goalie would start against the Sens tonight, Wilson advised reporters to watch for "who comes out of the tunnel first." Besides that, he didn't really tip his hand.

"This isn't about Jonas, this isn't about Vesa — this is about us trying to win hockey games," said Wilson.

Gustavsson's time is bound to come soon and will complete a rapid journey to the NHL.

At this time last year, he was unknown and undrafted, playing behind Reinhard Divis with the Swedish team Farjestad. Gustavsson ended up stealing the No. 1 job after the second game of the season and eventually led the team to a championship, drawing the attention of several NHL scouts in the process.

It was during a hot run last season when the six-foot-three netminder earned his nickname as Farjestad coach Tommy Samuelsson opined to reporters that he had a monster in goal.

Gustavsson ended up choosing to sign with the Maple Leafs over the summer because he saw an opportunity to play and liked the city. THE CANADIAN PRESS

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Calderon getting to know the new guys

NBA PREVIEW

Philadelphia vs Toronto
in London, Ont.

76ers VS Raptors

BASKETBALL Jose Calderon has more than himself to worry about as the Raptors begin playing exhibition games tonight.

Yes, he needs to get himself back into game shape after a summer of inactivity. But with nine new teammates to get acclimated to, it's as much about the others as it is about the four-year veteran point guard.

"I just have to get everyone involved," Calderon said after the Raptors worked out yesterday at the Air Canada Centre. "I know what CB (Chris Bosh) likes, and some others, but there are new guys to learn.

"Everybody sees the game differently and you have to get used to that."

Calderon will start — likely alongside Marco Belinelli, DeMar DeRozan, Andrea Bargnani and Reggie Evans when the Raptors face the Philadelphia 76ers in London, Ont. — in his first truly competitive game since April, when Toronto finished a 33-49 2008-09 season with a win in Chicago.

Since then, the 28-year-old Calderon has had minor surgery to fix a wonky tendon in his left middle finger and spent most of the summer resting a sore left hamstring.

He was a bit rusty to start training camp trying to get back to NBA speed, but with more than three weeks until opening night of the regular season, there's plenty of time.

"The big thing with Jose is building up his endurance and the competitive part of the game," said head coach Jay Triano. TORSTAR NEWS SERVICE

Sports in brief

OLYMPICS The International Olympic committee may bar countries from hosting the Olympics, starting with the winter games of 2018, if the countries don't have laws that empower police to raid and investigate people suspected of helping athletes to use performance enhancing drugs.

SOCCER Saudi Arabian property magnate Ali Al-Faraj was close to finalizing a deal to buy Portsmouth yesterday and can immediately take over after being approved as an owner by the Premier League.
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English TV won't broadcast England game

England fans discovered yesterday they will only be able to watch Saturday's World Cup qualifier in Ukraine on the Internet because TV networks won't pay for the broadcast rights. After eight straight group victories, England has already guaranteed a place in South Africa next year. THE ASSOCIATED PRESS

Hill honoured for comeback

MLB recognizes Jays second baseman for outstanding season

This is part of the reason why it's so easy to think highly of Toronto Blue Jays second baseman Aaron Hill.

Asked which of the many career-high numbers established in 2009 he's most proud of, the American League winner of baseball's Comeback Player of the Year Award struggles for an answer and then shows no signs of complacency.

"I think the coolest one is the (36) home runs," Hill said during a conference call. "I feel like I can get better in all categories, I'm not going to cut myself short there."

Blue Jays fans would be more than happy if the 27-year-old simply repeated his phenomenal 2009, during which he set new personal bests with 36 home runs, 108 RBIs, 195 hits and 103 runs.

"I feel like I can get better in all categories, I'm not going to cut myself short there."
Aaron Hill

Doing it after missing all but 55 games in 2008 because of a concussion and related after-effects earned him the prize announced yesterday, while St. Louis Cardinals ace Chris Carpenter bagged the National League award.

The big season wasn't a surprise as Hill's star had been on the rise before the fateful collision with David Eckstein sidelined him, but the power numbers were a bit unexpected.

The Blue Jays had always envisioned Hill as a No. 2 hitter, but are now considering him for the all-important three-hole, a run-producing spot, a challenge he'd embrace.

"Absolutely, I'm never going to say that I'm not going to do something," Hill said. "I know I'm going to stick within my game and I think this year I learned a lot about my game and myself and it may have just expanded a little bit. I did see myself as a top-of-the-lineup guy and we'll see, hopefully I can just continue to be consistent."

Hill struck out 98 times this season, and he thinks part of his success came from not worrying about it.

"I felt more aggressive, I didn't care if I swung and missed, if I was looking for a pitch I got another one," said Hill. "I stuck to my game-plan ... I had confidence in my swing and that's a lot of it right there."

THE CANADIAN PRESS

NFL Favre faces Packers

MORRY GASH/THE ASSOCIATED PRESS

Minnesota quarterback Brett Favre reacts after Adrian Peterson rushed for a touchdown against Green Bay last night. For a complete recap, visit **metronews.ca/sports**

All-Canadian USL final starts Saturday

SOCCER The First Division series final between the United Soccer League's Montreal Impact and Vancouver Whitecaps will commence Saturday Oct. 10 at Swangard Stadium.

The two-leg aggregate goal series shifts to Montreal for the decisive final match Saturday afternoon Oct. 17 at Saputo Stadium.

On Sunday evening the Impact advanced to the final for the first time since 2004 by eliminating the Puerto Rico Islanders 4-2 on total goals.

In the other semifinal, the Vancouver Whitecaps, the defending champions, won 5-4 on aggregate goals against the top-ranked Portland Timbers.

THE CANADIAN PRESS

Sports in brief

GOLF Matt Kuchar won the Turning Stone Resort Championship golf event yesterday on the sixth hole of a sudden-death playoff. Kuchar improved to 2-0 in playoffs and won the top prize of US$1.08 million, boosting his earnings for the year over $2 million.

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TORONTO COMMUNITY FOUNDATION
The Art of Wise Giving™

TORONTO'S VitalSigns® 2009

Emerging Trends

Toronto Community Foundation delivers Toronto's Vital Signs®, a report on the city's progress

By Lori Dance

When Toronto was amalgamated more than a decade ago, a new community was created; the needs of many cities became the needs of one, and the varying issues surrounding those requiring assistance were in danger of falling through the cracks.

One organization was ready for the change: the Toronto Community Foundation. They moved forward with a plan, developed by concerned Torontonians, to carefully monitor the new city of Toronto and ensure that key areas of quality of life were being assessed—and publish the results of their findings in the form of a yearly report called Toronto's Vital Signs®.

Launched in 2001, this snapshot of Toronto's evolving community trends has gained momentum as a national initiative; in the past two years, more than fifteen communities have created their own Vital Signs®, and Community Foundations of Canada has taken up the challenge of publishing a nationwide report.

Toronto's Vital Signs® looks at key indicators that contribute to the well-being of our vibrantly varied community. It tracks emerging trends in areas such as safety, health, education, employment, and transportation. Specifically, one of the highlights of the report is a focus on the gap between the rich and the poor; though Toronto regularly ranks highly in standard-of-living surveys, it is also become apparent in recent years that the city has become unaffordable to many, especially young families. It also looks at the level of importance placed on culture and environmental issues, as well as our commitment to civic responsibility.

Of course, this in-depth study is not created every year simply to allow the public a glimpse into the health of the community; the Toronto Community Foundation uses the data gleaned to drive their own efforts to reach the people who need their assistance in the ways in which they are most needed. With decades of experience, their purpose is to connect individuals, private and public charitable foundations, and other nonprofit organizations with the shared goal of making Toronto a more prosperous place to live, work, learn and grow. By drawing parallels between conclusions (such as the inaccessibility of transportation being a detriment to employment), the Community Foundation is better able to focus their funds to address the issues that can help the most.

Toronto Community Foundation President & CEO Rahul K. Bhardwaj is excited about the prospect of using the strengths of our community, outlined in this year's report, to our advantage in addressing its weaknesses. "It is important to remember that 'striving for solutions' is the very reason for community foundations," he explains, "so it is our job to do more in times of adversity and not simply retreat to a safe place."

By releasing this year's report, as well as spearheading efforts to increase awareness of the community foundation movement, the Toronto Community Foundation hopes to create stronger connections with the many organizations that work with them to provide vital assistance to those in need through the creation of named endowments and donations to their own Vital Toronto Fund. For more information on the Toronto Community Foundation and its history of helping the community, as well as how you can make Toronto a better place, please visit www.tcf.ca.

Kim Lowes

Arts for Children and Youth dance troupe "Baby Girls," one of over 400 community organizations supported by the Toronto Community Foundation.

TORONTO COMMUNITY FOUNDATION

The Art of Wise Giving™

TORONTO'S VitalSigns® 2009

Toronto is a city of more than 2.5 million people. More people than Philadelphia and San Francisco combined. We have been ranked fourth place in the world for ease of doing business after Singapore, Hong Kong and London, and have scored 15th in the world on an international quality of living survey for a fourth year in a row.

This is a great city. Toronto has the second highest percentage of foreign-born residents in the world, after Dubai, more than 1.1 million people - almost half the city's population, made up from 200 different ethnic origins.

To further add to the city's credentials, Toronto consistently ranks in the top 20 world cities for the number of patents registered each year, demonstrating that this is an innovative city.

Toronto's Vital Signs® highlights the issues in the city that require action and provides the Community Foundation with the knowledge to guide philanthropy in an effort to make Toronto the best place to live, work, learn and grow.

Learning

Why it matters:

The more opportunities we have to learn throughout our lives, the more innovative, productive and adaptable we are. Successful communities offer residents abundant, affordable, and flexible opportunities to learn in formal school settings, at work, or online.

- Half of Toronto District School Board students in JK to Grade 6 are from lower income families
- Only 5% of children in the city's neighbourhoods with the highest numbers of 6-12 year olds have after-school programs
- Toronto District School Board projects 12.4% fewer students in 2009-2010 than in 2002-2003
- University enrollment dropped 1.3% in 2007-2008, but enrollment at colleges rose 1.66%

Impact on Toronto:

An educated city is a successful and prosperous one. Yet, dramatic changes in demographics and growing levels of economic disadvantage are creating accessibility and affordability issues for students of all ages. Too many Torontonians are being left behind.

Arts and Culture

Why it matters:

The arts help fuel innovation and creativity, critical components in a successful city. The arts help us commemorate our past, understand our present, and imagine our future.

- Toronto Public Library is the largest big-city library system in the world
- Over 13 million people attended over 32,000 City of Toronto cultural events
- Artists earn half of what other typical Canadian workers bring home
- Productions filmed on-location in Toronto generated 23% less income in 2008 than those in 2007

Impact on Toronto:

Toronto recognizes that cultural vitality is as important as economic development, social equity, and environmental sustainability. Still, artists and workers in creative industries struggle with low earnings and a decline in work.

Getting Around

Why it matters:

The prosperity of our economy, the health of our environment, and the productivity of our citizens all rely on a strong transportation system. A dense and diverse city like Toronto requires a system that is connected, fast, and affordable.

- Toronto is the second most traffic-congested of Ontario's 15 largest municipalities. It costs each Torontonian $555 annually in lost time, vehicle operating costs, accidents and emissions
- In 2008, the TTC installed bike racks on 58% of its bus fleet
- In 2008, the GO Train service handled 7% more riders than in 2007
- Public transit becomes even more essential as the Toronto population ages. The percentage of people with a driver's license declines after age 59

Impact on Toronto:

Over the years, we've witnessed trends and concerns involving commuting times, access to public transit, gridlock, and traffic congestion. Recently, major investments in transit are putting Toronto on the road to greater economic and physical health.

Getting Started

Why it matters:

Success for our newcomers is vital to Toronto's future wellbeing. For recent immigrants to our city, that means obtaining employment, affordable housing, and strong social supports.

- Recent immigrants are three times more likely to have lost jobs in the economic downturn than their Canadian-born colleagues
- 60% of recent immigrant homeowner households were spending more than 30% of their income on housing in 2006
- Immigrants generally arrive in Canada in good health, yet after being in Canada for over 10 years, in 2005 45% of them were overweight or obese
- 77% of Torontonians believe the federal government should assist the City of Toronto to help immigrants settle

Impact on Toronto:

Toronto is a city of immigrants, and yet our city offers newcomers an uncertain and often poor quality of life. For newcomers, ours can be a difficult and stressful city in which to find and hold a job, or rent or buy a home.

Health and Wellness

Why it matters:

When we think of health issues, many of us think of overflowing emergency rooms and long wait lists. However, lifestyle choices, such as how much we exercise and what we eat, can have a greater effect on our mental and physical health than the availability of doctors or technologies.

- 58% of Torontonians are inactive during leisure time, including 38.9% of youth
- 16% of women in Toronto's lowest income neighbourhoods rated their health as 'fair' or 'poor' in 2006, compared to 6% in the highest income neighbourhoods
- 11 of Toronto's 13 Priority Neighbourhoods have high rates of diabetes
- Suicide attempts are 10 times higher among those living in poverty in Ontario than those who are not

Impact on Toronto:

Good health eludes almost half of our city's residents. Torontonians' lifestyle choices are increasing the potential burden on our health system, while income inequalities are having a staggering negative effect on physical and mental health.

Work

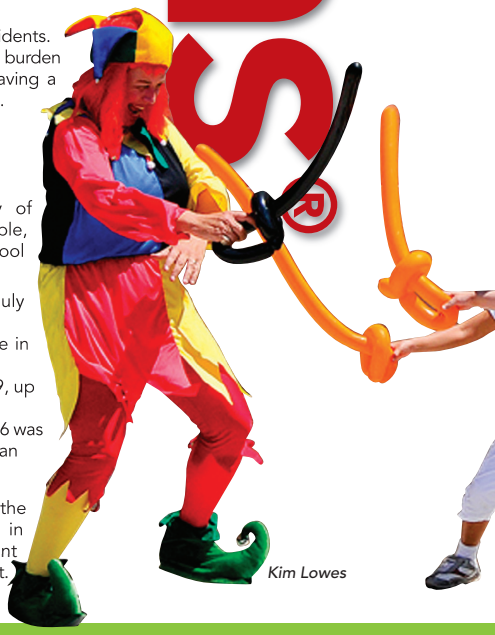
Why it matters:

Strong and vibrant cities provide a wide variety of opportunities for secure, well-paid work. Safe, accessible, well-paying jobs will help attract and retain the talent pool we need for our future.

- Toronto's unemployment rate rose by 37% between July 2008 and July 2009
- 42,680 Torontonians received Employment Insurance in May 2009, an 88% increase over May 2008
- Youth unemployment rate was over 20% in June 2009, up 5% in just one year
- Median employment income for Toronto families in 2006 was $51,200, more than $10,000 below the provincial median

Impact on Toronto:

After five years of steady job growth, Toronto is feeling the impact of the recession with a sudden rise in unemployment rates and demand for employment insurance benefits. The city's youth are particularly hard hit.



Kim Lowes

Highlights

Environment

Why it matters:

Clean air and water, uncontaminated soil, and green spaces are essential to healthy living. Greening Toronto ensures a healthy city for our children's future.

- Toronto's poorest neighbourhoods had higher concentrations of air pollutants than in other areas of the city
- Nearly a quarter of Toronto's water mains are over 80 years old
- Toronto diverted 44% of its residential waste in 2008, up 2% from 2007, but still well below the 2010 goal of 70%
- In 2004, Toronto had 12 farmers' markets. Today, there are close to 30

Impact on Toronto:

Toronto has a long way to go towards re-establishing a healthy urban environment. Our city faces daunting challenges in upgrading aging infrastructure, improving air quality, and diverting residential waste.

Housing

Why it matters:

Housing is a basic human right. However, if our housing costs over 30% of our total income, too many of us don't have enough for food, clothing, education, recreation or other basic needs.

- Toronto ranks a lowly 190th in the world and 29th in Canada for housing affordability
- By 2006, there were 7 low-income families for every moderate-rent unit in Toronto. In the mid 1990's, the ratio was 2:1
- 53% of recent immigrants renting in Toronto were spending more than 30% of their income on housing in 2006
- Usage of emergency shelters rose almost 30% in Toronto in 2008

Impact on Toronto:

The affordable options available to Toronto's low-income renters are narrowing. The lack of affordability and availability threatens to put more Toronto families on the street.

Safety

Why it matters:

A sense of security and safety affects the quality of life in Toronto and our ability to enjoy life to its fullest. Personal safety determines how Torontonians socialize and participate in their neighbourhoods and city.

- The Region's overall crime rate was well below the national average for the 5th year in a row
- There were 3,998 crimes for every 100,000 people in the Toronto Region in 2008
- 983 of them were violent, 6% fewer than in 2007
- There are over 100 youth gangs in Toronto, twice as many as in 2000

Impact on Toronto:

Most Torontonians feel safe in their neighbourhoods. As violent crime rates continue to fall, so does our city's overall crime rate, making it the lowest of Canada's large metropolitan centres, and placing Toronto well below the national average.

Gap Between Rich and Poor

Why it matters:

When there is a large gap between the rich and poor in our community, we are all affected. A large gap can lead to other social problems in our community, like health disparities and crime.

- One-third of Toronto's young children are living in poverty
- The average cost of basic nutritious food for a family of four is $590/month, up 9.4% from 2006
- This same family would need to spend 33% of its income on food and 72% on rent – more than they have
- In 1970, 66% of Toronto neighbourhoods were middle-income; in 2005, it dropped to 29% and is projected to drop to 20% by 2025

Impact on Toronto:

The recession is forcing more Torontonians to rely on assistance, as Toronto becomes an increasingly more expensive place to live, and the income difference between the poor and the rich expands. As a result, our city's middle income neighbourhoods continue to disappear and young people are suffering.

Leadership, Civic Engagement and Belonging

Why it matters:

The more we feel connected to others, the more vibrant and resilient we are, individually and collectively. Opportunities to contribute our unique talents, including becoming community leaders, are key to the vitality of our city.

- 65.6% of Torontonians feel a sense of belonging to their local community, up 7.4% from 2005
- 47% of Torontonians are visible minorities, yet fill just 13% of the GTA's leadership roles
- 49% of City of Toronto appointments were women in 2008, compared to 30% in 2004
- Just 39% of eligible voters turned out for the last civic election

Impact on Toronto:

Overall, the sense of belonging is growing in Toronto and strengthening our community, but its diversity is still not reflected in its leadership.

TORONTO COMMUNITY FOUNDATION

The Art of Wise Giving™

TORONTO'S VitalSigns® 2009

Individuals and families make a name for themselves with the help of the Toronto Community Foundation

By Lori Dance

Creating a legacy in the name of a loved one, or even for oneself, is a concept no longer limited to the wealthy. For a modest investment, you too can continue to help those around you for a lifetime and beyond.

For almost thirty years, the Toronto Community Foundation has been committed to making the community a better place through the administration of over 300 funds, representing over $210 million in assets. The Toronto Community Foundation works regularly with professional advisors to support and guide donors in the philanthropic process of creating the equivalent of their own "foundation" in honour of a family member or their own cherished cause.

"People give to charity because they can do a lot for others and feel good about themselves," says Harvey Griggs who, with his wife Sue, has supported many of the Toronto Community Foundation's initiatives. "One of the Community Foundation's key strengths is their community knowledge—they understand the issues. We've really been impressed with the quality of people that we have met. We are strong supporters."

Jason Wagar

The Toronto Community Foundation is there to help you every step of the way; all you need to do is provide the funds and a name, and the Toronto Community Foundation will do the rest. They take care of all of the necessary back-office administration, including accounting, reporting, and legal responsibilities. As your "foundation" earns income, you can advise where the funds will be allocated; any CRA-recognized charitable organization is eligible to receive grants from your named endowment. Best of all, you can continue to give through further donations or through your own fundraising efforts—anyone can donate to your fund.

A fund can be established for as little as $25,000 and the money can be raised over the course of a few years. Alternatively, a donation of any amount can be made to the Vital Toronto Fund, which the Toronto Community Foundation uses to address the community's most pressing needs. Tax receipts are issued by the Toronto Community Foundation for any gift of $25 or more. To give directly to the Toronto Community Foundation, or for more information on creating a named "foundation," please call 416-921-2035 or visit www.tcf.ca

How the Toronto Community Foundation helped three families help thousands in need

By Lori Dance

Stacey Levitt

When Ned and Cheryl Levitt lost their 18-year-old daughter in a sudden and tragic accident, the grieving process was slow and painful. After publishing a book of her poetry and climbing a mountain she had not had the chance to conquer herself, Stacey's father came to an inspiring realization. "You can't find meaning in the meaningless, but you can make meaning from the meaningless," Ned says of his decision to set up the Stacey Levitt Athletic and Educational Fund, which provides for many organizations (including a scholarship at Stacey's high school) at the Toronto Community Foundation. "We wanted to use our bereavement to make positive change, to leverage something from the loss."

Named foundations aren't created only to honour the memory of lost loved ones—when a financial advisor told Nadia Kraus and her husband Henry about the Toronto Community Foundation, they knew that they had found the answer to their estate-planning needs. "We wanted to do something optimistic," she recalls. "We wanted to help young people to achieve a good future; we both believe in education." With the guidance of the Community Foundation, a scholarship fund was established in the Kraus' name to assist University of Toronto students in realizing their educational goals.

For those who don't wish to attach a name to their endowments, the Toronto Community Foundation allows donors to remain anonymous when creating a foundation to address a specific cause. "They don't teach you how to deal with poverty when you're in medical school," says a retired paediatric neuropathologist who had performed far too many autopsies on children and, noting a statistical link between poverty and childhood abuse, decided to do her part to break the cycle with her own modest investment. The Women's Fund at the Toronto Community Foundation provides a wide range of services to families in need. "Peer review isn't always possible as an individual," she explains. "I use the Foundation's community knowledge to help me select the best initiatives."

These are just a small sample of the many funds the Toronto Community Foundation has set up on behalf of their donors. For more success stories of Community Foundation fundholders and their recipients, please visit www.tcf.ca

Giving in Action

The gift that keeps on Legacies in.

Ten reasons why people choose to give through the Toronto Community Foundation:

1. We're Local. Toronto's Community Foundation was established by Torontonians for our city. We have deep roots in the community because we are part of the community.

2. Toronto for Now and for Always. As a Community Foundation we keep our focus on shaping our city's future. We create permanent endowments that will respond to the needs of Toronto for many generations.

3. Our Grants have Impact. Toronto's Vital Signs® report, an eleven issue area indicator study on the health of our city, guides our granting for the greatest impact on Toronto.

4. We Work with the Best. Professional Advisors of every type partner with us to provide their clients with the best possible charitable advice. We compliment your current Advisor's expertise.

5. Service. We provide highly personalized service tailored to each individual's charitable and financial interests. Whether you want to give now or in the future, locally or nationally, we can customize a philanthropic plan that meets your objectives.

6. Money or Objects. You can establish a Fund with gifts of cash, appreciated stock, real estate or other assets and receive maximum charitable and tax benefits. You also can plan future gifts through bequests and life insurance policies.

7. The Power of Many. By pooling the charitable endowments of all our Fundholders we are able to develop strong long-term growth plans with the help of the best investment professionals.

8. Fund Flexibility. We offer a variety of Funds to suit our Fundholders' desired level of involvement. We provide the option for Fundholders to be recognized or remain completely anonymous.

9. Remembered Forever. We help create a legacy for our Fundholders by continuing to support the causes they care about long after they are gone. If desired, we will also work with your children and grand-children to ensure that your wishes are fulfilled.

10. Lead Change. Our Fundholders give us the strength to lead change in Toronto and convene the political, social and corporate partners necessary to respond to our city's needs.

Learning Curve is a monthly feature that focuses on education and student life.
Next month's issue comes out on Nov. 10.

Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

On the street

Metro asks: What do you think of the "turkey dump?"

• "My sister got the turkey dump ... It seems pretty common. It's different, it's new; it's college. People start new things. People change I guess."

– NICK CLARK, 18, FIRST-YEAR FACULTY OF ARTS STUDENT FROM CHICAGO, IL.

• "I thought I could handle all of this and I'd just contact him every day ... But now, I think it's kind of hard. I'm not sure what's going to happen. Maybe I have to break up with my boyfriend."

– JANE YOON, FIRST-YEAR COMMERCE STUDENT FROM SOUTH KOREA

• "It probably happens because at first, you don't really want to let go of what you had in high school."

– MOLLY BALTIERI, 19, SECOND-YEAR FACULTY OF ARTS STUDENT FROM SANTA BARBARA, CALIF.

• "I'm from a small town and when you come to university, there are so many more opportunities and so many new things to do, and your old boyfriend is just in your old world. Maybe you just want to try something new."

– JESSICA DELL, 21, FOURTH-YEAR BIOLOGY STUDENT FROM SALMON ARM, B.C.

It's not you, it's me

LINA TOYODA
for Metro Canada

Going away to university can be a new and exciting experience, a milestone on one's road to independence.

With excitement, change and imminent opportunities, many 18- and 19-year-olds tread into their new lives and that unknown first semester, leaving behind all that is familiar, even a high-school sweetheart.

Some young couples decide to stay together and try to make their relationship work across cities, schools and even time zones.

Unbeknownst to the first-year student, many things can change in about a month and a half, the time between the first day of school in September and the first holiday, Thanksgiving, which lands on a weekend usually in mid-October.

On the first visit home for many students, some unsuspecting high-school sweethearts will get blindsided. Sometimes called the "turkey dump," it's when a student breaks up with a high-school boyfriend or girlfriend while home for the Thanksgiving break.

"My roommate in first year, she did that," said Jessica Dell, 21, a fourth-year biology student at the University of British Columbia from Salmon Arm, B.C. "Her boyfriend was still in high school. He was a year younger and she went to university. She just met a whole bunch of new people and had new experiences and she was like, 'Yeah, I'm done with you.' It sounds kind of mean, I guess."

Dr. Doug Daher, a clinical psychologist at the University of Toronto who also has a private practice, says it's very unusual for a high-school relationship to last.

"Developmental changes are happening during this time. You are becoming a different person, the cards are changing, so to speak," said Dr. Daher. "This is a time for transformations in many areas including sense of self, confidence, knowledge and emotional capacity."

Jane Yoon, a first-year commerce student at UBC from South Korea, says she has a new view on her long-distance relationship with her boyfriend, a few weeks into the school year.

"When I was in Korea, I thought I could go to university and keep the relationship and it wouldn't be that hard," Yoon said. "Now, it's so busy here and with the time difference, it's so hard to manage. I have my own schedule and he has his own schedule and it doesn't fit now, so we are kind of having troubles."

Many unsuspecting high-school sweethearts will get blindsided by the 'turkey dump' this weekend.

It seems natural for students to grow and change with their new surroundings. Along the way, many students find themselves having less and less in common with their friends from high school, simply because they don't share the same experiences anymore.

"It's tricky. It's a lot of time management between work, school and friends," says Molly Baltieri, 19, a second-year UBC arts student from Santa Barbara, Calif.

"It's a really big change and then once you get here, you realize that your friends back home are totally different. I definitely changed a lot and grew up a lot, and some of my friends back home aren't necessarily my friends anymore."

When it comes to relationship and interpersonal issues throughout the developmental stage — in your 20s — Dr. Daher says people are often asking themselves some complex questions like "Am I capable of loving someone?" and "Can I really be loved by someone?"

"These are existential questions, and college and university is a time to test the waters and really explore these deeper thoughts," he said.

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REAL PEOPLE, REAL TRAINING, REAL JOBS

Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Nov. 10.

From George Brown College to Milan

RAFAEL BRUSILOW
for Metro Canada

For a first-time fashion designer, having your work shown on a Milan runway is not a bad start to a career indeed.

Seeing your design featured in Italian Vogue the next day is even sweeter, but you won't find recent George Brown College graduate Andrea Tucker, 38, gloating about it. The fledgling designer gave up her previous career to pursue a fashion design dream that nearly never made it to light.

"This is something I've always wanted to do and I figured now was my time. I almost missed my chance at a fashion career because I wasn't sure I could be a designer," Tucker said.

Tucker created a bra-and-panties design for the Triumph Inspiration Award competition, which invited fashion design students around the world to create inspired lingerie designs. She won the Canadian leg of the nominations in April and represented Canada at the finale in Milan this past September. While she didn't win the final prize, her creation rocked the runway and got huge exposure when it was published in Italian Vogue magazine shortly after the competition.

Tucker's eye-catching design was inspired by the art-deco style of famous 1920s designer Erte and features a sleek bra with a long silver tassel, underwear with pleating around the waistband and thigh-high stockings painstakingly sewn

Andrea Tucker

with 40 buttons each down the back seam. A black and silver kimono with boas sewn around each arm completes the visually arresting look.

Tucker learned how to sew from her grandmother and always loved designing clothes but spent a decade working as a network administrator because it

"This has always been my dream."
Andrea Tucker

seemed like the safe choice at the time.

"When it came time to choose a career, I chose computers because it was practical and fashion wasn't. After 10 years I decided I didn't want to work in computers anymore.

Marilyn McNeil-Morin, chair of the School of Fashion Studies and Performing Arts at George Brown College, says Tucker's outstanding design really made an impact at the Milan show.

"We're extremely proud of her. She pushed herself to really do something that was above and beyond — it was about creating something that was truly beautiful," McNeil-Morin said.

Tucker's design has not only garnered her some crucial industry recognition, it has shed light on the strength of George Brown's fashion design programs which focus on the business side of the industry.

"Fashion is a business and obviously we need to provide graduates with the skills to thrive in that business," McNeil-Morin said.

The recognition means Tucker plans to continue designing lingerie professionally.

"This has always been my dream and to have my creation shown on the runway in Italy, that's a dream most people don't get to live," she said.

Andrea Tucker's lingerie design.

Ready, set, brew! Canadian Barista Championship rolls out

ANDREA WOO
for Metro Canada

As a relatively new barista, Rob Kettner trained extra hard for the 2009 Western Regional Barista Championship in August.

"I'd be making 100 cappuccinos a night," said Kettner, a Victoria, B.C., resident who worked as a coffee roaster for three years before becoming a barista in May. "I'd say I was drinking 20 to 30 espressos a night at the peak of my training. The pressure of learning how to do this competition … and drinking that much caffeine turned me into a bit of a crazy person."

The hard work paid off, though: Kettner placed fourth, and was bumped up to third after that barista had to pull out of the competition. Kettner will now compete in the 2009 Canadian Barista Championship, taking place Oct. 14 and 15 at the Vancouver Convention Centre as part of the Canadian Coffee and Tea show.

A total of 16 participants — 12 regional placers and four randomly-selected wild cards — will have 15 minutes to make 12 beverages: four espressos, four cappuccinos and four signature drinks of their own creation. In addition to taste and presentation, judges will look at technical skills and station cleanliness.

The winner gets flight and hotel to London, to compete in the 2010 World Barista Championship. Chris Tellez of Collingwood, Ont., took first place in the Central Regional Barista Championship. He says station cleanliness and

"It's an interesting dichotomy between incredibly nerve-wracking and a lot of fun."
Chris Tellez, barista

staying calm were among the harder challenges for him. "Making sure you're comfortable with what you're doing is probably harder," he said.

"I mean, you're putting on a bit of an act, but if you can make it feel as natural as possible, that definitely comes through." He adds that while there's a strong sense of camaraderie among the baristas, the competitions can be tense.

"It's an interesting dichotomy between incredibly nerve-wracking and a lot of fun," he said.

Vancouver native Sammy Piccolo is the winner of last year's national competition. He says the event is what each competitor makes it. "If all you care about is winning, then it's not going to be fun," he said. "If you're loose and prepared, it can be fun and exciting, with a lot of joking around."

Don't miss the final

These regional winners and wild cards will compete against each other at the 2009 Canadian Barista Championship at the Vancouver Convention Centre on Oct. 14-15.

Wild cards
- Josh Hockin, Transcend Coffee (Edmonton)
- Michael Tam, Phil & Sebastien (Calgary)
- Luc Spicer, Café Neve (Montreal)
- Sameer Mohamed, Toi, Moi & Café (Montreal)

Central
- Chris Tellez, Espresso Post (Collingwood, Ont.)
- Sam James, Sam James Coffee House (Toronto)
- Momiji Kishi, Dark Horse Espresso Bar (Toronto)

Eastern
- Anthony Benda, Café Myriad (Montreal)
- Cliff Hansen, Bridgehead (Ottawa)
- Alex Scott, Café Myriad (Montreal)

Western
- Kyle Straw, Caffé Artigiano (Vancouver)
- Spencer Viehweger, JJ Bean Coffee (Vancouver)
- Rob Kettner, Fernwood Coffee Company (Victoria, B.C.)

Prairies
- Ben Put, Phil & Sebastian Coffee (Calgary)
- Joel May, Fratello Coffee (Calgary)
- Chad Moss, Transcend Coffee (Calgary)

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Learning Curve is a monthly feature that focuses on education and student life.
Next month's issue comes out on Nov. 10.

Mid-term stress avoidable

RAFAEL BRUSILOW
for Metro Canada

Mid-terms are coming, but the stress of studying doesn't have to be overwhelming.

Richard Earle, managing director of the Canadian Institute of Stress, says stress is on the up for modern students because more pressures surround them than ever before.

"I think students nowadays are juggling more areas in their lives than in previous generations," he said.

Maintaining a good study-work-life balance isn't easy, so make sure you plan well in advance for any work you need to get done and try to pace your fun side — no one can consistently run on just four or five hours of sleep a night.

While a little stress can be highly motivating — after all, Earle says, stress is just the body's way of providing you with more energy at trying times — the constant influx of nervous energy eventually becomes more than the body can handle. Earle says you should train yourself to spot when you're about to crack and force yourself to de-stress before you go over the edge.

"Your body makes you back off eventually, and recognizing that back-off point before it's done to you is about recognizing those early warning signs," Earle said.

"What drives stress is uncertainty."
Richard Earle

Inability to concentrate, undue irritability and even fewer regular trips to the gym can all signal that the stress in your life might be taking over.

Try consciously slowing your breathing for a few minutes, taking a brisk walk or just flopping down for a lazy time-out.

For those sleep-depriving worries, make sure you first pinpoint what it is that's worrying you, whether it's that monster 10-page paper or an upcoming exam.

"What drives stress is uncertainty, and the best way to neutralize worry is to know what you're worried about.

"Focus on the thing that is recurrently worrying and in the short term do something to pull yourself out of it physically," Earle said.

Once you've calmed down, Earle recommends asking yourself a few crucial questions.

"Can I change my situation? If the situation does go badly, what's the worst realistic effect, and if so, what's my plan?"

Keeping a plan of action will keep you focused on the task at hand and not on the stress, Earle says.

Most importantly, force yourself to think positively — after all Earle says most languages have three times as many negative adjectives as positive ones, so you have to fight against nature and really commit to embracing a positive attitude.

The stress of studying doesn't have to be overwhelming.

"Realistic optimism is a choice. If you don't see very clearly the positive in front of you, then you will overwhelmed by the negative," Earle said.

Extra-curricular activities linked to well-being, success

EVA LAM
for Metro Canada

Students looking for experiences beyond the academic can find plenty of opportunities right on campus.

At the University of Calgary, Kat Lord has gone from taking part in extra-curricular activities to actively getting other students involved in them, part of her duties as the vice-president events for the students' union.

"This just seemed like another place where I could do some good," says Lord, whose campus activities have included heading the school's feminist association and deejaying for campus radio.

"I really wanted to bring programming to campus that was diverse and that reached a variety of populations on campus."

Lord organizes both weekly events — for example, Wednesdays feature free, instructed yoga classes — and monthly themes. October is Wellness Month, and the programming includes a Heart and Stroke Foundation fundraiser, alcohol awareness day and health fair.

But school-wide events aren't the only source of outside-the-classroom action to be found on campus.

There are more than 40 course unions at Ryerson University, where all full-time undergraduate students are automatically a member of their program's respective course union.

The Computer Science Course Union (CSCU) brings its members together with both professionally related and social activities. These sorts of events "let you get to know the people in your program, especially for first-years," says Robert Mazzatto, the CSCU's vice-president communications.

Clubs are another way for students to make the most of their time at school. Ryerson's Urban Hip Hop Union (UHHU) aims to promote hip-hop culture in Toronto through activities ranging from panel discussions to dance workshops.

The students' union recently named UHHU the Student Group of the Year, an honour UHHU co-president Shakera Martin attributes in part to the group's inclusive philosophy.

"The thing about UHHU that I love personally is it's a diverse group of students," she says.

Taking part in extra-curricular activities has important implications for a student's emotional well-being and, in turn, their academic success, says Carole Sénéchal, a professor of psychology and education at the University of Ottawa.

"You feel like you're part of a family (and that) you have a place in society but also a place in university," she says.

Recognizing the importance of these kinds of experiences, the University of Calgary became the first university in Western Canada to establish a Co-Curricular Record, which recognizes a student's extra-curricular activities while in school. It can give students an extra edge when they apply for a master's degree or look for a job, says Lord.

"It's just another incentive to go out there and get involved with your community," she says.

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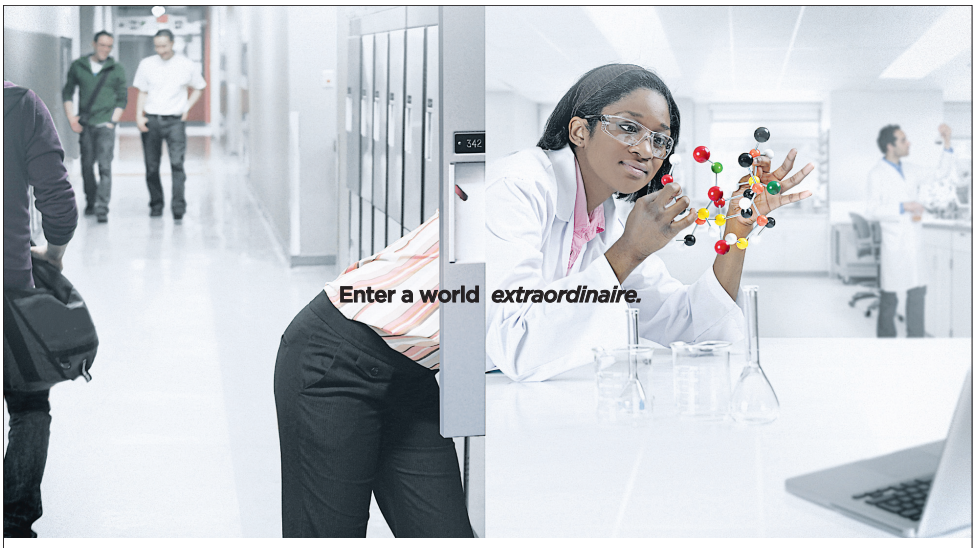

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Latch on to Tentacles

EVA LAM
for Metro Canada

The real and virtual worlds collide in the guise of strange sea creatures in Tentacles, a new iPhone application developed by a Toronto-based team.

The app, which debuted at this year's Nuit Blanche, was co-developed by the York University Mobile Media Lab, the Canadian Film Centre Media Lab (CFC) and the Ontario College of Art & Design Mobile Lab.

"It was a very interdisciplinary, inter-institutional effort," says Sarah Scarbrough-Wilner, a team member from York.

The project spawned from a request that Apple Canada posed: How would Apple technology be used to further educational interaction?

"(We said), 'We'd like to use the existing technology and think of it more in terms of recasting it as a completely new device,'" recalls Scarbrough-Wilner.

The result: An interactive experience that turns the iPhone/iPod touch devices into mobile game controllers. Tentacles, which can be downloaded from the Apps Store, allows each user to control a squid-like creature via the device's touch-screen interface.

Because the team wanted to bring people together, they introduced the concept of a "third space." Players who log-in together will have their individual creatures co-exist and interact in the same oceanic environment, which can only be seen when projected onto an external, shared surface — at Nuit Blanche it was the side of a building at Ossington and Queen streets.

Adding yet another dimension are the short musical compositions that emit from players' devices, with each new player contributing another sonic layer.

Visit tentacles.ca.

At Nuit Blanche

- A VIP sneak preview prior to Nuit Blanche saw "20 or 30 people in the street at a time just playing together" and even attracted many walk-by visitors, says Rob King of the CFC and one of the project's team leaders.

Engineering musical stars

LEYLA EMORY
for Metro Canada

DARIO ACOSTA PHOTO

MICHAEL LAVAN PHOTO

On lucky U of T engineering student will get a chance to sing with renowned soprano Isabel Bayrakdarian.

What does a University of Toronto engineering science student have that others don't? A chance to be Canada's first Skule Idol!

Modelled on the popular American Idol television series, U of T's Faculty of Applied Science and Engineering is offering it's students, faculty and alumni a chance to sing with renowned soprano Isabel Bayrakdarian as part of the programs 75th anniversary celebration taking place Dec. 17.

"Skule Idol is a unique opportunity to reward and showcase our Engineers' talents in music, which is quite a surprising but common strength our faculty's students and alumni," says Sarah Steed, external relations officer.

Bayrakdarian is herself a graduate of Engineering Science at U of T, and understand first hand the importance of pairing music with math. "It might seem unusual for an engineer to be a professional musician, but actually many engineers have classical music training and passion for it. I've always been fascinated by the complimentary nature of these two pursuits: Music and math. So naturally, I've always been curious to see if there are other engineers whose hearts are in music, yet their minds are firmly in technical matters."

So far there are 35 people auditioning on Oct. 9 with one contestant flying in from out west. Closer to home Murtaza Bohra, a second year student, is using the time he's not studying to practise for Friday's audition.

"It's a great opportunity and it would be an honour for any student to even attempt singing a duet with Isabel," says Bohra. "It's a once in a life time chance, I want to make the best of it."

For Bayrakdarian it's about giving back. "I will never forget the support and understanding the engineering faculty showed when I was starting to take serious interest in music. It meant a great deal to me to see how proud they were that one of their own was winning international singing competitions. Their encouragement and open-mindedness emboldened my initial steps in the music world."

Friday's auditions won't be open to the public but will be judged by an impressive panel including vocal coach Stuart Hamilton, Toronto Star columnist Martin Knelman and Bayrakdarian. To buy tickets go to: uofttix.ca/view.php?id=529

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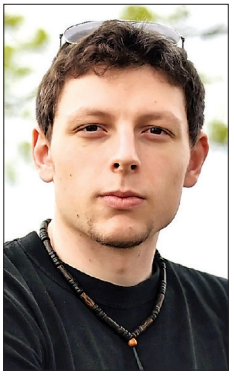
For love of animation

LEYLA EMORY
for Metro Canada



Sheridan grad Yuriy Sivers, right, has won accolades at TIFF for his film Humpty Dumpty is Scrambled.

The first year Yuriy Sivers applied to Sheridan's animation program, he was rejected.

The year he graduated, he won Best Animated Film category at the Student Film Showcase organized by the Toronto International Film Festival.

"I always loved to draw and I always loved animation," says Sivers. But it wasn't until his application to Sheridan College was denied that he realized how much. "Because I wasn't successful, it made me love it all the more. Failure is a part of learning. So it was actually a big step for me."

Sivers spent that year completing a prep course offered by Sheridan designed for the art inclined who need extra training in a specific field such as animation or illustration. "The competition was still huge, but I felt a lot more confident when I applied the second time."

Rightfully so. By the middle of his second year Sivers had already begun working on the three-minute film, Humpty Dumpty is Scrambled, which would go on to be his fourth-year independent project and winner at the 2009 Toronto International Film Festival.

While he welcomes the award, it was not his objective. "It's not about winning or losing," he says, "but more about giving it all you've got. Falling in love with it. If you truly dedicate yourself to a particular project, completely and utterly, it will be a success."

He also credits Sheridan for that success. "It was a combination of experienced faculty, brilliant tech support and the competitive environment of the school that gave me all the necessary ingredients to make my film."

And much of the school was there to see the final outcome. "The associate dean and other people from the school were [at the screening] showing their support. I really appreciated that. Having them in the audience was a big comfort," says Sivers, who describes the experience as something you see in the movies: "Everything goes in slow motion and all your senses are exaggerated."

Sivers received a lot of positive feedback since the screening as well as a number of smaller contracts. Most recently he signed on to lead one of the biggest animation projects in China. "It's a great opportunity," says Sivers. "It's supported by private investors and the Chinese government. It will target the highest quality animation but also focus on Chinese culture." For three years, the project's estimated completion time, Sivers will be travelling back and forth between Toronto and China, doing what he loves.

Ryerson students gets ROLLing

ERIC EMIN WOOD
for Metro Canada

With more than 80 per cent of Ryerson students living off-campus, it's easy for them to feel disconnected from their university. That's where the ROLL (Ryerson Off-campus Living Link) program comes in.

"We cover seven sections across the GTA, from Mississauga to Scarborough all the way up to North York," says Goran Voskovic, the program's co-ordinator. "We have 17 upper-year students living in those neighbourhoods, and they provide mentorship to some of the first-year students."

Depending on the neighbourhood, each upper-year student, or ROLL, is responsible for 70 to 300 first-year students. "It's been growing steadily every year," says Voskovic. "We don't quite have the whole GTA covered, but the feedback has been amazing."

His sentiment is echoed by Jelena Djurkic, a third-year journalism student now in the midst of her second year with ROLL.

"We don't want Ryerson to be a place (students) just visit for four years, we want it to be a place they experience," she says.

To that end, ROLLs make their contact information freely available to first-year students, and organize events both on- and off-campus.

"This year, before Ryerson even started, we sent e-mails to all our students, and people were already asking questions," says Djurkic. Queries ranged from whether a given class or teacher was good to how students could get to Ryerson via the TTC. "We're their first point of contact with the university," Djurkic says.

In the hood

- The ROLL program currently serves seven neighbourhoods: Scarborough, Downtown East, Downtown West, Midtown, North York, Etobicoke and Mississauga. First-year Ryerson students living in one of these areas are automatically contacted by their designated ROLL. For more information, visit ryerson.ca/roll.

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Start small: Chapman

Name: Katherine Chapman
Years of experience: Entrepreneur since 1987
Occupation: Chairman of OLLY Shoes

Industry411
education@metronews.ca

Q How did you get started in your industry?

A After selling my first business I thought long and hard about what to do next in business. I then had two small children and was carrying my third child, and it hit me as a real life experience when I was out trying to buy shoes for my oldest two girls. The car seats and strollers and trying to get in and out of these tiny stores that never seemed to have what the girls and I wanted in stock! It was both exhausting and frustrating — so I set out to create a different store that just made all this easier for parents.

Q What do you like most about your job?

A The kids! I love seeing the kids in the stores, having fun and running around.

Q What kind of background, either educational or other, best suits someone starting out in your industry?

A I think education always helps individuals to succeed, but we all know that one can do well without an education. It really depends on the person and their level of commitment to their business. In the shoe business, having experience in a shoe store would be extremely helpful. Knowing how to fit shoes and deal with customers is the key to the entire business.

Q Describe the ideal qualities a person should have to succeed in your industry?

A Perserverance and attention to detail; the children's footwear business is extremely complex. You have to learn quickly from your mistakes and always be thinking ahead of the season. This is a fashion business that requires ordering six months ahead of time, and at the same time, trying to make sure you have the footwear to build your customer base without over-ordering!

Q What are some of the most challenging aspects of your industry?

A Buying the right styles in the right quantities in the right sizes six months ahead of when you need them. Finding staff that are special enough to join OLLY. We focus on spirit and being able to create an upbeat environment for the kids and their parents. It is all about great service and a lot of patience.

Q For newcomers to the industry, what tips would you offer them?

A Go slow. Start small. This can be a challenging industry to enter and a fair amount of capital is required to establish your store/brand in the marketplace.

Katherine Chapman, chairman of OLLY Shoes.

Q What kind of local associations/organizations/volunteer activities would you recommend?

A We always contact community centres, daycares, hospital programs where possible. Anywhere moms and kids go — we want to let them know what OLLY offers and how much better it is now to buy shoes for your children!

Activities 'worthwhile'

GetSmart

Tracy Rogers
tracy.rogers@senecac.on.ca

She participates in meetings, takes minutes, plans monthly activities for students and attends her classes. For Farrah Edun, this is just another busy day at school.

As a member of the student council at Seneca College, Edun finds a way to juggle her academic workload and her council duties. She holds the position of co-ordinator of programming and promotions, and is acquiring many skills in this role. Edun plans creative activities that give students opportunities to meet one another. Throughout the school year, these events on campus can include barbecues, movie marathons, car shows and more.

From start to finish, Edun works on the details and logistics for each event. It certainly is not uncommon to hear Edun's name affectionately shouted through the halls. With all this event planning and promotion work, you might think Edun is focused on a future in this career sector, but she is actually a science student.

"There is only so much biology a person can do," she says. "Being involved in council allows me the opportunity to relieve some stress and to do something exciting".

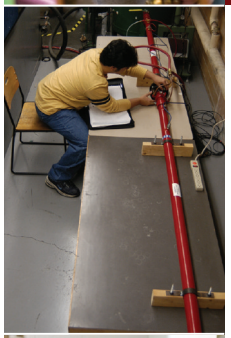
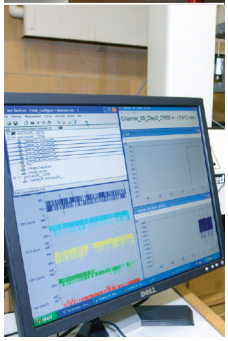
All this planning is certainly providing an opportunity for students like Edun to learn new work-related competencies. Working under tight deadlines, paying attention to details and gaining the ability to accurately record important information are a few of the skills she has developed.

"Before becoming involved with student council I was only focused on my academics, now I know there can be a balance," Edun says. "My resumé was boring because I didn't have any practical experience, but now it's full of new skills and experiences, and I'm much more confident in my abilities."

The student council does more than plan events; it also helps students with their concerns, academic appeals and operates as the voice for the student population with school administrators. In short, student councils work hard to make time at school an enjoyable and satisfying experience. Get involved, join or start a club or connect with your council for some work-related skills development.

"Being involved in the school community as a whole is very worthwhile," Edu says. "Council is a little work, a lot of fun, and overall a great learning opportunity."

Tracy Rogers is the Career Services Co-ordinator for Seneca College, Seneca@York Campus.

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For the month of September, Metro's Workology section will be focusing on the extremely lucrative and soon to be booming employment sector of skilled trades. So be sure to read Workology and Metronews.ca/work every day.

Workology

U of T heads research ranks

The University of Toronto has placed first among Canadian universities in the SCImago Institutions Rankings, which analyzes the research performance from 2003 to 2007 of 2,000 research institutions and organizations worldwide in higher education, government, health, corporate, and other sectors. uToronto placed 12th overall. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Jargon training for the workplace

Skilled Trades

JON TATTRIE
for Metro Canada

Immigrants working in Canada may have a solid grasp of ordinary English, but find themselves baffled by workplace jargon. A pilot college program in Ontario aims to bridge this gap.

The Occupation-specific Language Training (OSLT) is being tested in six occupational areas in 13 colleges. It's the first of its kind in Canada, according to Sara Katz, a consultant with Colleges Ontario.

"It aims to fill the gap for people at the intermediate level that need more than general language training and really want to concentrate on occupation-specific language," Katz says.

"In the health-care sector, it would be a lot around how a nurse would interact with clients, or patients. In the business sector, it would be about conducting yourself at meetings, how to make presentations, appropriate ways to leave voice mails and e-mail etiquette."

A trained nurse who doesn't know that "anuric" is a term for a patient who's not producing urine and might need dialysis will struggle to find work. OSLT will give him the required jargon.

Jan Carter, manager of immigrant education at George Brown College, says it's also about making visible the invisible language Ontario workers take for granted.

"It's social, cultural and linguistics training," she explains. "It's designed for people who already have the skills, but what they don't have is experience working in (Canada)."

Someone whose only experience working in Canada was in an office might be taken aback by the saltier language of a construction site. Unprepared, they might take it as a far more serious issue than it is intended to be.

A new program aims to help people who don't have a firm grasp of the English language to function well in their chosen industry.

"The skills are very specific to the sector. For construction in particular, it's how to work with coworkers and clients, supervisors and really understanding the differences between directions, approvals and making requests," she says.

"You could have somebody from a culture that is not used to swearing. For them the behaviour on a (Canadian) workplace — not all, but some — may be inappropriate, but at least if they can anticipate it, it … gives them the information they need to make an informed decision."

New workers might be confused by the language determining to whom they report. The courses will clear that up and also cover practical things like speaking on a two-way radio and borrowing tools.

The courses are free to permanent residents and protected persons who are working in or want to re-enter an occupation related to the covered skilled trades, or those who want to enter into a program to study a trade. Go to http://cosolt.org for a list of colleges and courses covered.

"It's designed for people who already have the skills, but what they don't have is experience working in (Canada)."
George Brown College's Jan Carter

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What to do with leftover wine?

Toss pasta with grated Parmesan cheese, butter and fresh herbs, then add a splash of white wine. The wine will give a pleasant acidity to balance the other flavours. Onions can be caramelized in a bit of butter, red wine, salt and pepper, then used as a topping for pizza. THE CANADIAN PRESS

Food

If you want to get creative with your bird this Thanksgiving, visit TurkeyFarmersOfCanada.ca and click on Recipes on the main page.

Lots to savour

You'll find tips for a traditional turkey roast and stuffing but also for infusions and rubs, deep-fried turkey, turkey scallopini and many ideas for leftovers.

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Tender sirloin, kiwi ice

Broiled Sirloin

MAKES 10 PIECES

INGREDIENTS:

- 3 lbs (1.5 kg) sirloin or round steak (about 1 in./1.5 cm thick)
- 1 medium onion, chopped
- 1/2 cup (125 ml) lemon juice
- 1/4 cup (50 ml) vegetable oil
- 1 tsp (5 ml) garlic salt
- 1 tsp (5 ml) dried thyme
- 1 tsp (5 ml) dried oregano
- 1/2 tsp (2 ml) celery salt
- 1/2 tsp (2 ml) pepper
- 2 tbsp (25 ml) butter, melted

METHOD:

1. With meat fork, pierce holes in both sides of steak. Place in large resealable plastic bag. Combine onion, lemon juice, oil, garlic salt, thyme, oregano, celery salt and pepper; pour over meat. Seal bag and turn to coat; refrigerate at least 1 hour, but preferably 6 hours or overnight.
2. Drain and discard marinade. Broil steak 6 in. (15 cm) from heat 8 minutes. Brush with butter and turn. Broil 6 minutes longer or until meat reaches desired doneness (for medium-rare, meat thermometer should read 145 F/63 C; medium, 160 F/71 C; well-done, 170 F/77 C). Use leftovers for lunches or cut into salad the next day.

Roasted Green Beans

SERVES 4

INGREDIENTS:

- 3/4 lb (375 g) fresh green beans
- 1 small onion, thinly sliced and separated into rings
- 2 garlic cloves, thinly sliced
- 1 tbsp (15 ml) red wine vinegar
- 2 tsp (10 ml) olive oil

METHOD:

1. Place beans in pot and cover with water; bring to boil. Cook, uncovered, 8-10 minutes or until crisp-tender. Drain.
2. Place beans in greased 11-in. x 7-in. x 2-in. (28 cm x 18 cm x 5 cm) baking dish. Top with onion and garlic. Drizzle with vinegar and oil; toss to coat.
3. Bake, uncovered, at 450 F (230 C) 10 minutes. Stir; bake 5 minutes longer.

Kiwi Ice

Kiwi Ice

SERVES 8

INGREDIENTS:

- 2 cups (500 ml) unsweetened apple juice
- 1 tbsp (15 ml) lemon juice
- 4 medium kiwi fruit, peeled and sliced
- Sugar substitute equal to 6 tsp (30 ml) sugar
- 1/2 tsp (2 ml) grated orange peel
- Sliced orange and additional kiwi fruit, optional

METHOD:

1. In blender, combine juices and kiwi; cover and process just until smooth. Add sugar substitute and orange peel. Pour mixture into an ungreased 8-in. (20 cm) square dish.
2. Cover and freeze 1-1/2 to 2 hours or until partially set. Spoon into large mixing bowl; beat on medium speed 1-1/2 minutes. Return to pan; freeze 2-3 hours or until firm.
3. Let stand 10 minutes before serving.
4. Spoon into small bowls; garnish with orange and additional kiwi if desired.

Broiled Sirloin

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Give thanks for this classic roast turkey recipe

Here from The Complete Canadian Living Cookbook by Elizabeth Baird and test kitchen staff (Random House) is a recipe for turkey that veterans and rookies alike will come back to time and again.

Golden Roast Turkey With Bacon and Chestnut Stuffing

Turkey: Count on 500 g (1 lb) uncooked per person. A 6.75 kg (15 lb) turkey will serve 12 to 16 people.

Preparing: Remove giblets and neck; reserve for stock or gravy. Rinse turkey under cold water; pat dry inside and out. Loosely stuff neck opening with stuffing, if desired; fold skin over stuffing and skewer to back. Lift wings and twist under back. Stuff body cavity, if desired. Tuck legs under band of skin or tie together with kitchen string.

Roasting: Place turkey on rack in roasting pan. Brush with about 30 ml (2 tbsp) butter, melted; sprinkle with salt and pepper. Tent with foil, tucking in sides but leaving ends open. Roast in a 160 C (325 F) oven for 3-1/2 hours, basting every 30 minutes. Uncover and roast for about 1 hour longer or until meat thermometer inserted in thickest part of thigh registers 83 C (180 F) for stuffed or unstuffed turkey.

Carving: Transfer turkey to cutting board; tent with foil and let stand for 30 minutes. With carving knife and fork, cut skin between leg and body; press thigh down, then cut through joint. Cut through joint in leg; slice off dark meat from drumstick. Repeat with other leg. Repeat as for legs to cut off wings. Starting at breastbone, carve breast meat thinly in long sweeping motions.

Bacon and Chestnut Stuffing

INGREDIENTS:

- 5 slices bacon, chopped
- 50 ml (1/4 cup) butter
- 3 onions, chopped
- 3 stalks celery, chopped
- 50 ml (1/4 cup) fresh sage or 30 ml (2 tbsp) crumbled dried
- 1 sweet red pepper, chopped
- 5 ml (1 tsp) pepper
- 2 ml (1/2 tsp) salt
- 3 l (12 cups) cubed day-old Italian or French bread
- 1 can (425 ml) chestnuts, drained
- 50 ml (1/4 cup) chopped fresh parsley
- 300 ml (1 1/4 cups) chicken stock

METHOD:

In a large skillet, cook bacon over medium heat for 5 minutes or until cooked but not crisp. Add butter, onions, celery and sage; cook, stirring occasionally, for 30 minutes or until softened. Add red pepper, pepper and salt; cook for 5 minutes. In a large bowl, toss vegetable mixture with bread. Add chestnuts and parsley; drizzle with stock and toss to combine. Let cool. Loosely stuff into cavity of turkey. Makes 3 l (12 cups) stuffing, enough for a 6.75-kg (15-lb) turkey.

Variation: Replace chestnuts with 250 ml (1 cup) of the following: chopped nuts such as pecans or walnuts; dried fruit such as cranberries, apricots or figs; chopped fresh apple or 500 g (1 lb) sausage, crumbled and cooked.

THE CANADIAN PRESS

Gourmet magazine closes

The food world is reeling at Condé Nast's announcement yesterday that it will close the venerable magazine Gourmet as part of cost-saving measures. "It's the centre of gravity, a major planet that's just disappearing," said chef and writer Anthony Bourdain. METRO NEWS SERVICES

Delights from the Middle East

Cairo Time, written and directed by Ruba Nadda and starring Patricia Clarkson and Alexander Siddig, took home the Best Canadian Feature Film honours at the Toronto Film Festival this year.

Since the movie opens in Toronto this Friday, Metro dropped by Jerusalem Restaurant to get in the mood. Jerusalem is arguably the best source of Middle Eastern cuisine in the city — nearly every local publication has crowned it with awards and, in 2009, Dine.To's online voters ranked it No. 1 for Middle Eastern fare.

Established in 1971, Jerusalem Restaurant became the first Middle Eastern restaurant to serve Toronto diners. It was the joint venture of three brothers who shared the idea of introducing traditional culinary secrets to the mainstream. Currently, there are two locations in Toronto — 4777 Leslie St. and 955 Eglinton Ave. W. — and both remain family owned and operated. Metro picked up this recipe from Jerusalem Restaurant:

COURTESY OF JERUSALEM

Lentil Soup, a recipe from Jerusalem Restaurant.

Lentil Soup

INGREDIENTS:

- 3 tbsp olive or vegetable oil
- 1 small onion, chopped
- 1-1/2 cups red lentils
- 1/2 cup Italian rice
- 7 cups water
- 1 tbsp chicken bouillon powder
- 1/2 tsp salt
- 1/4 tsp ground cumin
- 1/4 tsp pepper
- 2 tbsp chopped parsley
- 2 green onions, chopped
- 1 tsp lemon juice

METHOD:

1. In a large pot, sauté the onion in oil until lightly browned.
2. Place lentils and rice in a sieve, and rinse them thoroughly under cold running water.
3. Add lentils and rice to the onions, cover with 7 cups of water, bring to a gentle boil, stir occasionally and simmer for 45 to 55 minutes or until lentils and rice dissolve and become creamy.
4. Add bouillon powder, salt, cumin, pepper, parsley and green onions, and let soup simmer for 5 minutes longer. Stir in lemon juice just before serving.

NINA DRAGICEVIC/METRO CANADA

The Combination Dinner for Two at Jerusalem Restaurant ($36 at the Eglinton location) includes all the staples of Middle Eastern fare — skewers of tender meat and saffron rice (shown top), baba ghanouje, hummus, falafel, tabbouleh salad, mixed pickles, pita bread, salad, sautéed tomatoes or fried eggplant (shown above). Visit jerusalem-restaurant.ca for more.

Thanks-sipping

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Not only is Thanksgiving an excellent wine pairing holiday, it gives me a chance to reflect on the many good things in my life (health, happiness, tickets to Chris Botti in New York this December) while my wife cooks dinner.

Now before all you ladies start with the emails, trust me, if I were cooking the turkey, the only thing we'd be thankful for is an available table at a nearby restaurant. My job is to choose the booze, and in that regard, you may be surprised to learn that the big bird can be pretty accommodating.

I favour a lightly oaked New World white like **Lindemans' 2007 Bin 65 Chardonnay ($10.95 - $12.99)** from Australia. It's consistently good, with up-front fruit and a buttery flow that will massage the meat and work with the eclectic mix of side dishes.

In reds, something fruity and balanced like New Zealand's **2008 Kim Crawford Marlborough Pinot Noir ($19.95 - $24.99)** will more than hold its own at your family feast. A mid-priced Chianti from Italy's Tuscany region would be an inspired alternative.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Weightlifting can help breast cancer survivors

STUDY Breast cancer survivors have been getting bad advice.

For decades, many doctors warned that lifting weights or even heavy groceries could cause painful arm swelling. New research shows that weight training actually helps prevent this problem.

"How many generations of women have been told to avoid lifting heavy objects?" Dr. Eric Winer, breast cancer chief at the Dana-Farber Cancer Center in Boston, lamented after seeing the surprising results of the new study. "Women who were doing the lifting actually had fewer arm problems because they had better muscle tone."

The study was led by Kathryn Schmitz, an exercise scientist at the University of Pennsylvania, and funded by the U.S. federal government.

THE ASSOCIATED PRESS

Get in gear

Check out some of the latest in fitness attire and accessories

METRO NEWS SERVICE

Hills Pullover great for interval training or race day runs ($99). Visit lululemon.com.

Part of the Lace Up for the Cure program. Visit newbalance.com/laceup

New Balance Pink Ribbon Shoe (exclusive to Canada). Available at Running Room stores across Canada.

Cool Racerback made with mesh for maximum ventilation ($39). Visit lululemon.com.

The Shock Absorber (cups A to HH) ideal for high-impact activities ($69). Visit secretsfromyoursister.com for locations.

The Nike+ SportBand gives runners real-time performance feedback on their distance, pace, time and calories burned ($79.95). Visit nikebiz.com.

Right: A non-slip sock created for yoga and Pilates that gives you the toe-wiggling freedom ($19). Bottles: Aluminum water bottle two-pack ($19.98, available in November). Visit gaiam.com.

The Empower Crop pant for running. Made with four-way stretch power for 'no bounce' muscle support and quick drying capabilities ($86). Visit lululemon.com.

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Bend it like Bikram

'Hot yoga' founder talks discipline, spirituality and cars

ROMINA MCGUINNESS
Metro World News

Bikram Yoga, the "hot" kind practised at temperatures of 40C is one of the most loved workouts of the fit and fabulous.

Bikram Choudhury, the mind behind the moves, talks to Metro about how to survive on an empty stomach, luxury cars and of course, Bikram.

GETTY IMAGES

Bikram's Yoga, also known as hot yoga, is a style of yoga developed by Bikram Choudhury. It is practised in a room heated to 40C with a humidity of 40 per cent.

Emptying the Tank

"My evening starts at midnight. I got to bed at five o'clock in the morning and wake up at seven," Bikram Choudhury explains. "Depending on where I am, I'll either go to the gym, steam room... anything quick, or do Bikram. I'll do up to 90 postures in an hour and a half." This kind of lifestyle would have most of us burnt out but not Bikram. "I eat a little bit of protein at night …I've worked at not being hungry since 1964.

"Yogis don't need food as Yoga is food. You fill up your car tank only once it's empty, right? With Bikram you fill your body with energy like you fill up a tank. Humans can survive for 16 days without food you know."

Although it's hard to believe anyone with a normal life and appetite could survive on such a meagre regime, it makes sense that someone could. "People get energy from nutrition and relaxation. Nutrition comes from food and relaxation comes from sleep.

"The body is a powerhouse. Under the roof there are trillions of powers you'll never use. If you live 'til you're 100 years old, you'll have used three per cent of your body. With Bikram, you'll use 110 per cent — piece by piece you activate every single internal organ, nerve, vein, ligament, every molecule, every atom."

Changing the Gears

Flashy cars, it so happens are Bikram's one guilty pleasure — he's never had tea, coffee, drugs, liquor or cigarettes in his life. "I'm crystal clear. Automobile is my one passion, I spend 24 hours a day thinking about the heart, lungs, kidneys, the brain, sometimes I just want to forget about all of that and think about cars."

Yet he can't seem to stop coming back to Bikram. "If you own an Aston Martin and live in Park Avenue and all you do is drive it round the block for 10 km/hour what a waste. You should get out on the M4 and drive at 300 km/hour at 700-horse power. The body is the same and Bikram Yoga makes you realise that. You need to change the gear and instead of going 10 km/hour, go at 300."

"Yogis don't need food as Yoga is food. You fill up your car tank only once it's empty, right?"
Bikram Choudhury, yoga guru, founder of Bikram Yoga

Get a good stretch with the side lean yoga pose

SIDE LEAN:

1. Come in to a comfortable cross-legged seat, with the right ankle in front of the left.
2. Take your hands on to the floor on either side of your hips, and then walk your hands slightly away from you to draw your shoulders away from your ears.
3. Lift through your lower belly and pelvic floor and then, on an inhale, reach your right arm up in to the air. Exhale and stretch over to the left, walking your left hand away from you until you feel a nice stretch down the right side of your body.
4. Keep lengthening both sides of the body as you breath for 10 breaths, trying to keep your right shoulder drawing down away from your right ear.
5. Inhale to come back to centre, and exhale your right hand back to the floor. Switch so that the left ankle is in front and repeat the side lean on the other side.

By: Yogamaster Katrina Repka, katrinarepka.com

Try to keep this lengthening pose as you breath for 10 breaths.

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What causes hereditary hair loss?

Each hair grows from a pocket in the skin called the hair follicle. During its growing phase, the follicle has a bulb-shaped bottom, the center of which is called the dermal papilla. The papilla is fed by very small blood vessels, which bring it food & oxygen and remove wastes. The papilla is highly sensitive to hormones and chemicals secreted by the body *(or ingested as a medicine)* which impacts hair growth.

It is believed that some individuals have a genetic predisposition to a receding hairline *(most common in men)* or hair/follicle thinning over larger areas of scalp *(more common in women)*. These conditions result from hormonal changes caused by an enzyme in the dermal papilla called 5-alpha-reductase. This enzyme breaks down the hormone testosterone into dihydrotestosterone *(DHT)*.

Over a period of time, an over abundance of DHT causes the hair follicle to degrade and shortens the active phase of the hair, eventually leading to thinner hair and eventual hair loss.

How does BIO-FEN PLUS™ *work?*

Specific compounds within the herbal extracts inhibit the 5-alpha-reductase *(and therefore reduce DHT)* to prevent or slow down the rate of hair loss. This process is the principle by which the prescription drugs such as Propecia *(finasteride)* work. However, BIO-FEN PLUS™ also contains additional compounds which remove excess cholesterol and testosterone – the building blocks of DHT.

BIO-FEN PLUS™ also contains vitamins to increase blood flow to the small capillaries that feed the hair roots, to deliver the active herbal compounds and remove waste. **Therefore, BIO-FEN PLUS™ provides a natural, safer alternative to expensive drugs, and/or expensive & painful hair transplants.** As with the prescription alternatives, results vary from person to person, and no one product will work for everyone.

How long must I use BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ capsules are usually effective at stopping hair loss within the first two months. However, since healthy hair grows only about 1 cm each month, it may take up to three months before you notice that hair growth is increased or further hair loss is stopped.

Anyone experiencing new growth will see it within four to six months. Once results become apparent, some users are able to reduce their BIO-FEN PLUS™ supplement dose to one capsule every second or every third day. Some clients will continue to take BIO-FEN PLUS™ daily. Once you stop completely, however, your hair growth pattern will slowly go back to the point where you started.

How safe is BIO-FEN PLUS™ *?*

The ingredient combination in BIO-FEN PLUS™ is generally safe for most adults. However, the following cautions are advised:

Folic acid: Consult a health care practitioner if you are uncertain whether or not you are taking adequate vitamin B12, as folate supplementation can mask a Vitamin B12 deficiency.

Vitamin B3: Consult a health care practitioner prior to use if you have impaired liver function.

Vitamin B6: Consult a health care practitioner prior to use if you are taking levodopa.

What is the quality of BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ is manufactured in Canada according to a quality assurance program called Good Manufacturing Practices *(GMP)*. This ensures that the ingredients are tested for their level of quality, potency & purity, prior to production and again prior to sale.

See our website to locate your nearest Health Food Store or Pharmacy that offers BIO-FEN PLUS™ and other quality products from Hair Grow Technology. If you have any questions or comments about our products that target hair loss and support the growth of strong, healthy hair, please do not hesitate to contact us.

Each BIO-FEN PLUS™ *capsule contains (mg/capsule):*

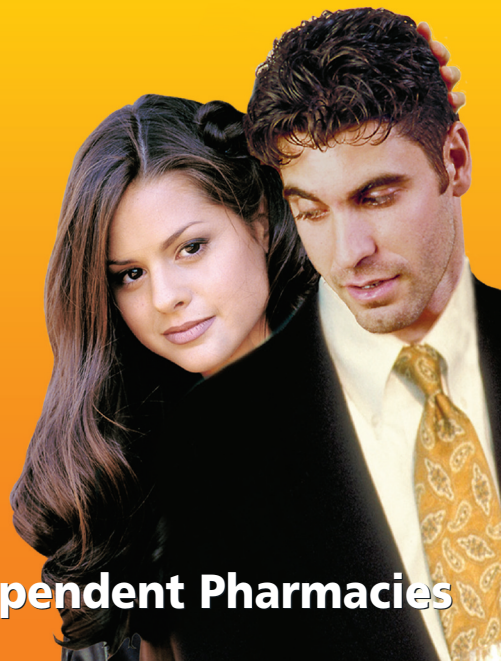
Fenugreek *(Trigonella feonum graecum)* seed extract 4:1	260 mg
Saw palmetto berry extract contains 45% powder, esters & sterols	160 mg
Flax lignans, standardized to 20% secoisolariciresinol diglucoside *(SDG)*	100 mg
D-calcium pantothenate *(Vitamin B5)*	10.40 mg
Niacinamide *(Vitamin B3)*	10.25 mg
Pyridoxine HCl *(Vitamin B6)*	2.00 mg
Riboflavin *(Vitamin B2)*	1.58 mg
Folic acid	0.095 mg
Biotin	400 mcg

Non-medicinal ingredients: inert microcrystalline cellulose and vegetable-based magnesium stearate in a veggie-based capsule.

Recommended adult dose: one capsule per day

BIO-FEN PLUS

www.biofen.com



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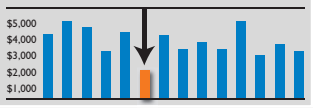

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An affair to forget

Celebrity indiscretions are none of our business

That the audience reacted with applause and laughter to David Letterman's recent confessions of infidelity would indicate that cheating is not only expected but acceptable, especially among the rich, famous and powerful.

In fact, it's getting to the point that it's more shocking if you're famous or a politician and you don't have a sex scandal or two under your belt.

This is a good thing. Not because I condone cheating. In fact, c'mon David, affairs with female employees half your age? Really? But frankly, it's none of my business. Or any of ours.

And the more we realize this, the better off we'll be. If the North American public becomes increasingly nonchalant about the indiscretions of our celebrities and politicians, we can spend our energy focusing on stuff that really matters, like, oh, I don't know, saving the planet? Ending world hunger?

We should probably thank Bill Clinton. It seems to me that before Bill, Monica and "the blue dress," we hardly ever saw news stories about the private lives of our public figures. And it's not as if Bill Clinton invented infidelity. Celebrities and politicians have been cheating throughout history. But, for some reason, the Clinton/Lewinsky affair really set us off and opened up the debate. It got the whole country talking about cultural attitudes when it comes to public figures and their personal affairs. There were endless debates over whether his private sexual affairs should have had any bearing on his ability to run a country.

The Bill and Monica media frenzy ushered in a new era of digging into the private affairs of our public figures. In the last few years, it seemed you couldn't turn over a politician or a celebrity without finding a sex scandal buried underneath. But, with each new scandal, public reaction is increasingly more shoulder shrug than shock.

"For some reason, the Clinton/ Lewinsky affair really set us off and opened up the debate."

The less the public cares, the less the media cares. And the less the media cares, the greater the chance we'll get to read about something more useful to the world than what is written in Stephanie Birkitt's diary.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Performing at the CMA Awards
Taylor Swift, Kenny Chesney, Carrie Underwood, Brad Paisley and Keith Urban will be among the performers at the 43rd Annual CMA Awards show, it has been announced. PEOPLE.COM

Entertainment

Big proposal
Sex and the City star Chris Noth and his longtime girlfriend, actress Tara Wilson, are engaged, Entertainment Tonight Canada is reporting.
PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Anvil scores a hit

Metal band finally finds success after years of obscurity

KEITH CARMAN
for Metro Canada

There's a rags-to-riches story permeating North American cinemas. Unlike typical films of such a nature though, this one doesn't involve princesses or evil step-mothers. This one isn't even fiction.

It's the factual story of two Toronto-based men and the commitment to their band — heavy metal outfit Anvil. Initially garnering success in the early-'80s and becoming a household name, over the years, a series of career missteps saw guitarist/vocalist Steve "Lips" Kudlow and drummer Robb Reiner slip from heroes to forgotten soldiers. Still, they refused to stop, releasing album after album and gigging constantly thanks to a pact they made as teenage boys: Never give up.

Surprisingly, that mentality has done them a great service after decades of nothing. One Anvil fan by the name of Sacha Gervasi grew up and became a Hollywood mogul, siring Ginger Spice's child and co-writing The Terminal with Tom Hanks. On a whim, he looked up his old buddies.

"It's just a celebration for having stuck to our guns over all those years."
Steve "Lips" Kudlow

The end result was a feature film, Anvil! The Story Of Anvil, which has created a whirlwind of praise, publicity and promotion, making Kudlow, Reiner and bassist Glenn Five a powerful force once again. In essence, Anvil is back. Kudlow, 52, reels at having his lifelong dream come true.

"My whole life has been fighting for something," he notes with humility. "We've always been known to a certain level and occasionally someone comes up to say, 'Hey, you're the guys from Anvil,' but now it's ridiculous. Six weeks ago, I could have gone to New York and no one would have known who I am. Now, anywhere I go, everyone knows who I am. That is really weird."

To top it all off, their previously ignored 13th studio effort This Is Thirteen finally received a proper worldwide release via VH1 Classic Records and the band — once struggling for gigs in outer Etobicoke — will have the honour of appearing on The Tonight Show with Conan O'Brien tonight, coinciding with Anvil! The Story Of Anvil's DVD release. Yet despite years of hardship, Kudlow refuses to see this fortune as deserved.

"It's just a celebration for having stuck to our guns over all those years; like I've been working for decades and never got paid but I'm finally getting my bank book," he declares with inspiring humility.

Anvil will appear on The Tonight Show with Conan O'Brien tonight.

Anvil on DVD

• Anvil! The Story of Anvil is now available on DVD.

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Lohan gets emotional

Lindsay Lohan couldn't help but get emotional after debuting her first collection with designers Emanuel Ungaro at Paris Fashion Week on Sunday. The actress appeared to be crying as she clung to head designer Estrella Archs during their post-show bow. POPEATER.COM

Letterman apologizes to wife, staff for behaving 'horribly'

APOLOGY David Letterman apologized to his wife on Monday's Late Show, saying she had been "horribly hurt by my behaviour."

The late-night host vowed to repair his relationship with his wife, Regina Lasko. "Let me tell you folks, I got my work cut out for me," said Letterman, according to an early transcript of the program released by CBS.

Monday's show was the first Letterman taped since Thursday, when he disclosed that he had had sexual relationships with women who worked for him, and that he had been the victim of an alleged $2 million US blackmail threat.

Letterman also apologized to his staff for the situation. "Inadvertently, I just wasn't thinking ahead," Letterman said.

THE ASSOCIATED PRESS

Travolta trial continues

A jury yesterday watched a hidden-camera videotape of negotiations between a lawyer for John Travolta and a former Bahamas senator accused of trying to blackmail the movie star.

The tape shows politician Pleasant Bridgewater telling Travolta's lawyer that a paramedic who treated the actor's son wants at least $20 million US as payment to not release a private document to the media.

Bridgewater and ambulance driver Tarino Lightbourne have pleaded not guilty to extortion charges at the trial that began Sept. 21.

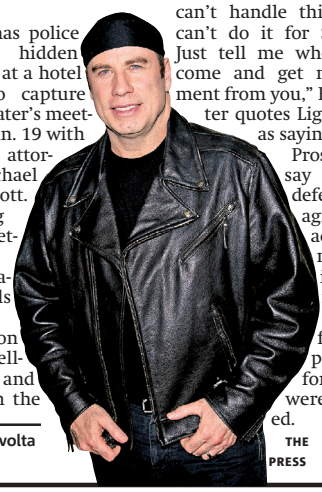
Lightbourne came to Travolta's vacation home on Grand Bahama island when the actor's 16-year-old son Jett suffered a seizure on Jan. 2. He later allegedly threatened to make public a release that Travolta signed to have Jett taken directly to the airport, even though the youth ultimately died at a local hospital and the document never came into play.

Bahamas police set up hidden cameras at a hotel room to capture Bridgewater's meeting on Jan. 19 with Travolta attorney Michael McDermott.

During the meeting, Bridgewater calls Lightbourne on his cellphone and tells him the lawyer is prepared to offer $250,000. She then tells the attorney that Lightbourne responded by telling her: "My mortgage is more than that."

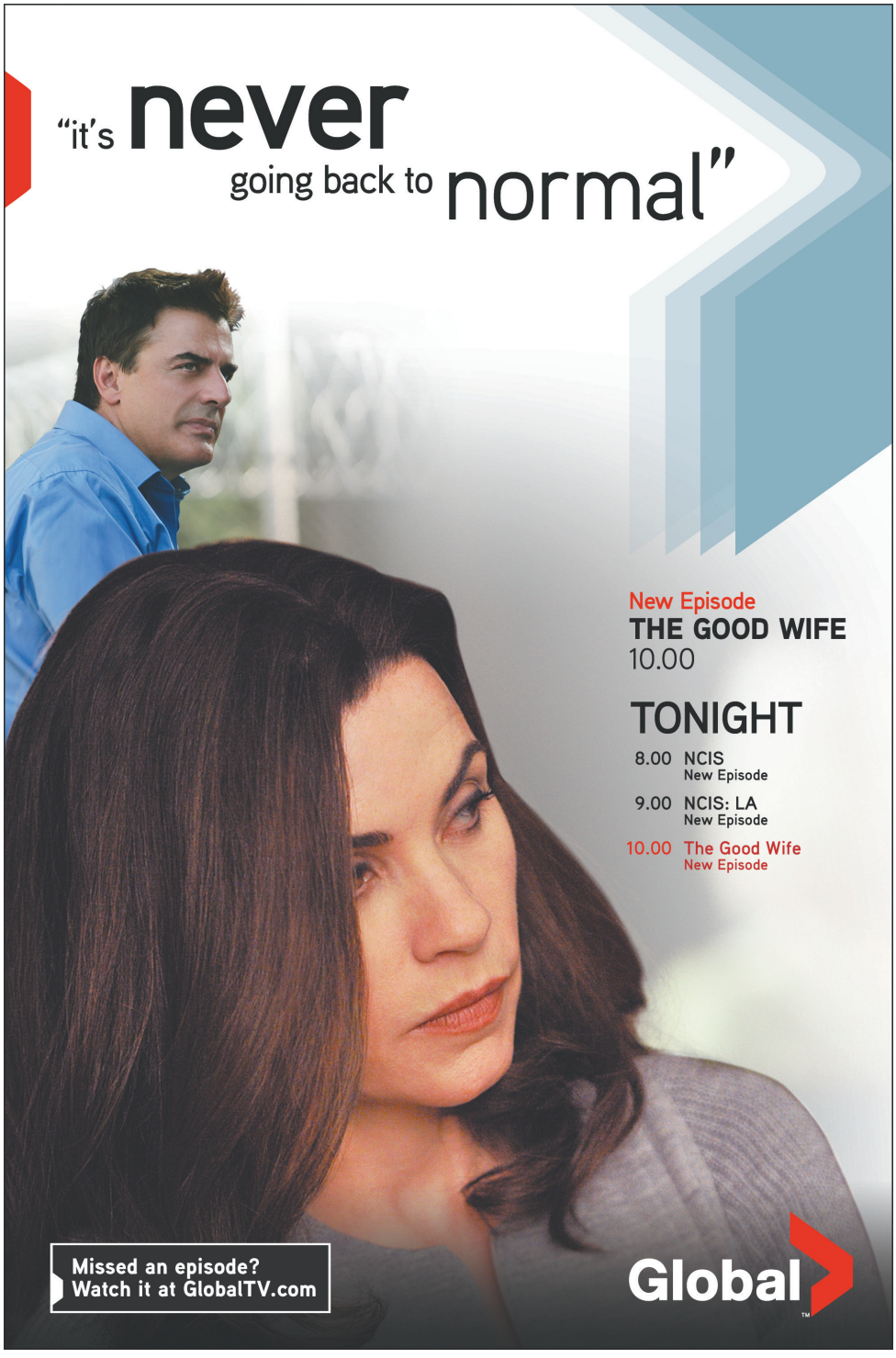
"It's obvious that you can't handle this deal. I can't do it for $250,000. Just tell me when I can come and get my document from you," Bridgewater quotes Lightbourne as saying.

Prosecutors say the two defendants agreed to accept $10 million in instalments over a four-year period before they were arrested.



John Travolta

THE ASSOCIATED PRESS



Chen to appear in first movie since sex photo scandal

RETURN Edison Chen will appear in his first movie since his career was derailed by a sex photo scandal more than a year ago.

The 28-year-old Chinese-Canadian actor-singer from Vancouver will feature in the English-language comedy, Almost Perfect, which stars Kelly Hu, according to the website of New York-based production company Slew Pictures.

Slew Pictures founder Bertha Bay-Sa Pan is directing the movie, the story of an Asian woman who juggles the competing needs of her new boyfriend and her immediate family.

Photos that were leaked onto the Internet early last year showed Chen performing sex acts separately with eight female Hong Kong stars. The photos caused an uproar and forced the stars to suspend their careers.

THE ASSOCIATED PRESS

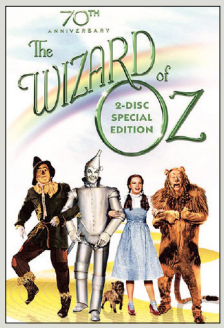
Queen of the roller skates

Drew Barrymore broke the record for hitting strangers with cream pies while wearing roller skates on Jimmy Fallon's Late Night on Friday, according to the Universal Record Database. She hit 14 people in 30 seconds. FEMALEFIRST.CO.UK

DVD picks

The Wizard of Oz: 70th Anniversary Ultimate Collector's Edition

Director: Victor Fleming



IS IT POSSIBLE to say "overkill" and "must have" in the same breath?

It is if you're talking about The Wizard of Oz, the immortal film classic that continues to shine brighter than the yellow brick road — especially in the Blu-ray version, one of several options available for Oz fans.

Is it necessary to have the hours of supplementary material, including two early silent Oz films, repros of archival booklets and press materials and historical backgrounders? No, but it's a great way to while away a Sunday afternoon or three.

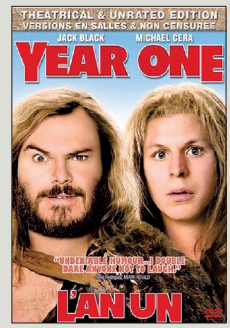
Do Dorothy, Tin Man, Scarecrow, Cowardly Lion (and Toto, too!) look better with their latest digital scrubbing? Yes and no — the film is brighter and more colourful than ever, but you'll likely notice the grain, especially in the sepia-toned early section.

You really can't go wrong, especially if you're thinking of this set as a present for an upcoming event that even the Wicked Witch wouldn't dare name this early.

The only question is, why is there a "collectible and numbered" wristwatch included? Do time pieces have anything to do with The Wizard of Oz? Isn't that more Alice in Wonderland?

Year One

Director: Harold Ramis



IN THEORY, TEAMING human apostrophe Jack Black with man-child Cera as reluctant prehistoric heroes seems like a grand idea. As Neandernumbskulls Zed (Black) and Oh (Cera), they make for an amusing couple of buddies in bad (old) times, clinging to companionship after being exiled from their tribe.

They are lumbered by a script that seems to have drawn inspiration from Mike Myers' 2008 turkey The Love Guru, with its penile obsessions and lame religion-themed plot.

There are so many leaps of logic — how could anyone walk from prehistoric times to biblical times? — you wonder if producer Judd Apatow got a rental deal on leftover movie sets.

Ramis, who has Ghostbusters and Caddyshack in his "win" column, co-wrote the screenplay with Gene Stupnitsky and Lee Eisenberg of TV's The Office.

Their mirth meters need a tune-up. They make Black's Zed blustery and accident-prone and Cera's Oh timid and nerdy, just as we've seen them too many times.

Peter Howell/for Metro Canada

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Method Man vs. Taxman

Grammy-winning rapper Method Man has been arrested on felony charges for failing to pay taxes. He turned himself in yesterday in New York. Authorities say he owes about $35,000 and could face up to four years in prison. THE ASSOCIATED PRESS

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U.K. leads with nine global Emmy nods

Three nominations for Mexican drama

British TV productions garnered a leading nine International Emmy nominations yesterday, including a nod to the long-running MI5 spy series Spooks, for best drama, and to talent show parody Britain's Got the Pop Factor, for best comedy.

Mexico's Capadocia, produced by HBO Latin America, stood out with three nominations. The series, set in a women's prison rife with corruption, is in contention for best drama, best actress (Cecilia Suarez) and best actor (Oscar Olivares). China's Ultimate Rescue is a double nominee for best TV movie/miniseries, and best actor (Chen Li).

Other British nominees include actress Julie Walters for her role in A Short Stay in Switzerland, inspired by the true story of a woman who took her own life in a Zurich clinic after being diagnosed with an incurable degenerative disease, and Ben Whishaw for his star turn in the thriller Criminal Justice, about the odyssey of a 21-year-old defendant accused of murder.

Cecilia Suarez

A total of 41 nominees in 10 categories from 17 countries will compete for International Emmys, honouring excellence in TV programming produced outside the United States.

Brazil has five nominations, including one for comedy series The Slum, followed by the Philippines, Germany and Mexico with three apiece. The Netherlands, Denmark, Argentina, Japan, China and France each have two nominees.

Winners will be announced Nov. 23 at the 37th International Emmy Awards ceremony in New York, hosted by British star Graham Norton.

British TV legend David Frost, whose interviews with former president Richard Nixon were depicted in the film Frost/Nixon, will receive the International Emmy Founders Award, while former secretary of state Henry Kissinger will present an honorary award to Markus Schachter of Germany's ZDF television network.

THE ASSOCIATED PRESS

Mix of Six

Metro taps into today's best entertainment and event picks

COMEDY
Yuk Yuk's, 224 Richmond St. W., hosts an amateur night and the Humber College Comedy Cavalcade. 7:30 p.m. and 9:30 p.m. yukyuks.com

PHOTO
Tales From Tanzania, a multimedia travel show by photographer William Jans, is being shown at the Bloor Cinema, 506 Bloor St. W., at 8 p.m. wrjphoto.com

SCIENCE
The Ontario Science Centre, 770 Don Mills Rd., has a new IMAX film that takes viewers on a journey down the Grand Canyon and Colorado River. ontariosciencecentre.ca

ART
Alexander Calder: The Paris Years, 1926–1933, features a number of works by one of the last century's most celebrated and influential sculptors. Art Gallery of Ontario, 317 Dundas St. W. ago.net

THEATRE
Noel Coward's Private Lives runs at the Fairview Library Theatre, 35 Fairview Mall Dr., through Saturday, Oct. 17. stagecentreproductions.com

PREVIEW
Tarragon Theatre, 30 Bridgman Ave., begins previews of The Drowning Girls tonight at 8 p.m. tarragontheatre.com

In brief

ART Pieces by four artists shortlisted for Britain's controversial Turner Prize are on display at the Tate Britain gallery in London. Artist Roger Hiorns melted down a jet engine and sprayed it through nozzles to form a pile of fine granules; finalist Lucy Skaer displays the skull of a sperm whale behind a screen. The winner, who receives more than $40,000, will be announced in December.

TELEVISION Ken Finkleman, creator of CBC comedy The Newsroom, is behind a new show for The Movie Network and Movie Central. Finkleman will write and star in Good Dog, a "hilarious half-hour tragedy" about a neurotic TV star, George, who lives with a gorgeous younger woman and has a show loosely based on his life. METRO NEWS SERVICES

to	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
10/6/09 primetime	265	353	2	TVO	Parks	Recreat. Eden	The Agenda With Steve Paikin		Blackpool		Life in Cold Blood		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	NCIS "The Inside Man"		NCIS: Los Angeles (N)		The Good Wife "Home"		News Final
	215	343	4	OMN1	Two/Half Men	The Simpsons	Omni News: Italian Edition (N)		Vivere V	Omni News:	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	Wheel-Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Being Erica (N) (DVS)		CBC News: The National		The Hour
	214	344	7	CITY	Hell's Kitchen (N)		The Biggest Loser (N)				The Jay Leno Show (N)		News
	212	313	8	CTV	etalk	Hollywood	So You Think You Can Dance Canada Top 8. (N)				Law & Order: SVU		CTV News
	218	345	11	CHCH	*Before Sunset* ★★★ (2004, Romance) Ethan Hawke.				*The Outsiders* ★★ (1983, Drama) Matt Dillon, Ralph Macchio.				News at 11 (N)
	137	763	13	TFO	Panorama		Un monde de passions		*Ressources humaines* ★★★ (1999, Drame) Jalil Lespert.				CIA, guerres
	-	-	14	-	Family Guy	The Office	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Words
	213	326	15	SUN	The Insider (N)	George Lopez	World's Most Amazing Videos		To Serve and Protect		The Insider	Argos Access	Becker
	-	387	16	CBS	Inside Edition	Hollywood	NCIS "The Inside Man"		NCIS: Los Angeles (N)		The Good Wife "Home"		News 4 at 11
	-	385	17	NBC	The Insider (N)	Entertainment	The Biggest Loser (N)				The Jay Leno Show (N)		News
	-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	Shark Tank (N)		Dancing With the Stars		(10:01) the forgotten		News
	219	346	20	ACH-B	Degrassi: TNG	TMZ (N)	Monk		So You Think You Can Dance		Dancing With the Stars		A News
	-	-	28	FOX	Judge Judy (N)	Two/Half Men	Hell's Kitchen (N)		So You Think You Can Dance		Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Foot in Grave	Nova "Darwin's Darkest Hour" (HDTV) (N) (DVS)				Ethics	In the Life	Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	90210 (HDTV) (N)		Melrose Place "Canon"		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	Wheel-Fortune	Jeopardy! (N)	Law & Order: SVU		WBZ News (N)	Frasier	The Office	Name Is Earl	Frasier
	298	653	332	TLA	The Tyra Show (N)		According-Jim	Family Guy	KTLA News	KTLA News	Two/Half Men	Two/Half Men	90210 (N)
news	502	390	26	NW	CBC News	Mansbridge	CBC News: Tonight (N)		CBC News: The National		CBC News: the fifth estate		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report		Marijuana Inc.: Pot Industry		Executive Vision (N)		Dirty Money: Prostitution		Mad Money
sports	405	417	22	net	Over the Bolts	KO Boxing				MMA Conn	Sportsnet Connected		Hockey Central
	400	400	30	TSN	NHL Hockey Ottawa Senators at Toronto Maple Leafs. (HDTV) (Live)					SportsCentre		That's Hockey!	SportsCentre
	411	457	58	OLN	Ghost Hunters		Bounty Hunter	Bounty Hunter	Survivorman		Ghost Hunters		Bounty Hunter
	417	406	81	SC	Pimp My Ride	Pass Time	Monster Jam (HDTV)		Super Bikes!	Super Bikes!	Jacked!	Jacked!	Pimp My Ride
family	551	542	25	YTV	Drake & Josh	Prank Patrol	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	Prank Patrol	Adrenaline Proj
	554	544	45	TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	556	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	602	567	27	W	Old Christine	Friends	Friends	Grocery Bag	Style by Jury	Style by Jury	How to Look Good Naked (N)		Naked Beauty
cable variety	570	580	29	MM	One Tree Hill		Jonas Brothers	Degrassi: TNG	Starmaker		MuchNews	Jonas Brothers	One Tree Hill
	615	520	31	A&E	Criminal Minds (HDTV)		The First 48 (HDTV)		Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars
	700	800	35	TLN	Centrovetrine	Sky TG 24	Serie A	David Rocco	RIS - Delitti Imperfetti		George Lopez	George Lopez	George Lopez
	571	581	36	MMM	The Daily Fix		Ranked!		Wild 'n Out	Wild 'n Out	High School Reunion		The Daily Fix
	575	583	38	CMT	Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Wilsons
	616	521	39	SHO	The Outer Limits		*A Sister's Secret* (2009, Suspense) Alexandra Paul.				Bones (HDTV)		NCIS
	620	523	40	BVO	Montreal Jazz Festival		Live at the Rehearsal Hall		*Callas Assoluta* ★★ (2007, Documentary)				Law & Order
	601	562	41	SLC	Rich Bride, Poor Bride		Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Bulging Brides	Bulging Brides	ET Canada
	522	506	43	HIS	Ancient Discoveries		Cities of the Underworld		Cities of the Underworld		Ultimate Engineering		Crime Stories
	625	548	44	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	House Party	Comedy Inc.	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	HGTV's Top 10	Design Inc.	Pure Design	Genevieve	House Hunters	House Hunters	Holmes-Homes
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU		*Gothika* ★★ (2003, Horror) Halle Berry.		
	576	582	49	BET	106 & Park	*Diary of a Mad Black Woman* ★★ (2005, Comedy-Drama) Kimberly Elise.					The Game	The Game	W. Williams
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Medium (HDTV) (N)		Fringe "Fracture" (N)		InnerSpace (N)
	581	566	52	MTV	The Hills	After	Disaster Date	The City	After	The Hills	The Hills	After	MTV Live
	618	524	54	TROP	'70s Show	'70s Show	The Outer Limits		ET Canada	Switch	Family Guy	'70s Show	'70s Show
	603	561	56	FOOD	Ricardo	Exotic	Restaurant Makeover		Hell's Kitchen (N)		Iron Chef America (N)		
	261	394	60	V	Murder, She Wrote		Bless-Father	Dinnerladies	Quantum Leap		Unscripted (N)	I Prophesy	Poltergeist
	621	527	63	STR	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ
	553	546	65	TRE	Backyardigans	Nght Grdn	Waybuloo	Franklin	Little Bear	Maggie-Beast	Babar	Zigby	Max & Ruby
	115	711	101	TVA	Les Gags	Occupation	Caméra café	Taxi 0-22 (SC)	La Promesse (HDTV) (N) (SC)		TVA nouvelles	(10:45) Denis Lévesque	
	126	730	102	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	526	507	249	VIVA	Judging Amy		Missing "Pilot"		The Closer		Da Vinci's Inquest		Psychic Inv.
	300	601	301	M1	(6:45) *Milk* ★★★★ (2008, Biography) Sean Penn.				*The Reader* ★★★ (2008, Drama) Kate Winslet.				*Gone Baby*
	305	612	306	PIX	*Hatley High*	*The Big Slice* ★★ (1990, Comedy)			*Swingers* ★★★ (1996, Comedy)			(10:45) *Fast Company*	

critics' corner

Being Erica
Flakiness is in the eye of the beholder. Erica makes a bad impression on Judith when she baby-sits Max for the first time and can't seem to meet Judith's expectations for following directions. Hurt, she time-travels back to her college days to prove that she's not the scatterbrain Judith thinks she is in the new episode "Mamma Mia." 9 PM on CBC

The Good Wife
Alicia finds herself immersed in her old life when she is asked to represent the teenage son of a former friend, an assignment that requires her to return to her old neighborhood in the new episode "You Can't Go Home Again." 10 PM on GTV CBS

the forgotten
Football may be dangerous, but it's seldom deadly. In this new episode, however, a man is found beaten to death on the street, and investigating his identity and his murder leads Alex (Christian Slater) and his team into the world of pro football in "Football John." 10:01 PM on ABC

Kenya's Style
Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

Kim racks up frequent flyer miles
Kim Kardashian cheered for her on-again beau Reggie Bush at Sunday's New Orleans Saints game. The reality star, 28, flew to New Orleans early Sunday morning for the second time since Khloe Kardashian's Sept. 27 wedding, usmagazine.com reports. METRO NEWS SERVICES

Celebrity Buzz

Is Rimes going all Single White Female?

POTENTIALLY CREEPY Brandi Glanville says her estranged husband's girlfriend LeAnn Rimes is a little too close for comfort, usmagazine.com reports.

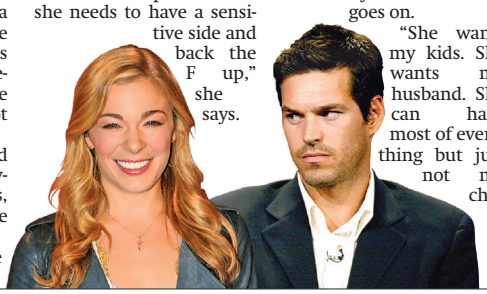
"I have a new neighbour and her name is LeAnn Rimes. She's moved in a half a mile from my house and a block from my son's school. So she is completely space invading me at the moment, so things are not cool," Glanville, 36, said.

Us Weekly first reported Eddie Cibrian, 36, was having an affair with Rimes, 27, his Lifetime movie costar.

Cibrian filed for divorce in August, the same month Rimes and husband Dean Sheremet announced their separation.

Glanville says her run-ins with Rimes in Calabasas, Calif. are "not pleasant."

"There is a point where she needs to have a sensitive side and back the F up," she says.



Glanville says she even spotted Rimes in front of her six-year-old son Mason's school as she picked him up.

"Honestly, she's Single White Female-ing me. She wants my life," Glanville goes on.

"She wants my kids. She wants my husband. She can have most of everything but just not my children or my family."

Glanville — who is also mom to two-year-old son Jake with Cibrian — says her kids "have no idea" that her parents are feuding. The kids are "used to daddy being gone for work, so it's not a huge transition," she explains.

Despite no hope of an amicable divorce, as she says, she tries to maintain the peace with Cibrian in front of their children.

"We definitely save face to the kids, absolutely," she says. "They're the most important thing in both of our lives."

METRO NEWS SERVICES

Airing DJ AM show a difficult, profound decision for family

IN PASSING Even in death, DJ AM, whose real name was Adam Goldstein, will be fighting hard to save others from the perils of drug dependence, people.com reports.

The celebrated deejay, who died of an accidental drug overdose in August at age 36, shot an MTV series called Gone Too Far just before his death.

The eight-part series will finally air on MTV starting Monday.

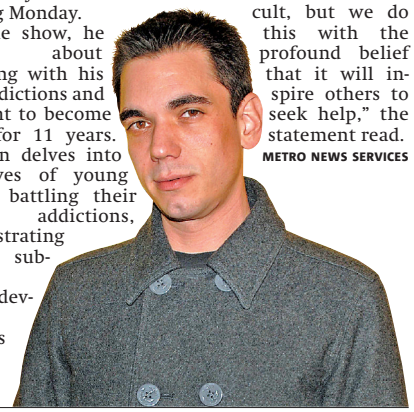
In the show, he speaks about wrestling with his own addictions and his fight to become sober for 11 years. He then delves into the lives of young people battling their own addictions, demonstrating how substance abuse devastates families and friendships.

He also tries to help the addicts find the road to recovery.

In a statement posted on MTV.com, Goldstein's family said they pondered long and hard about whether to allow the series to air, but ultimately decided releasing the videos would do the most good.

"The decision to air the show has been difficult, but we do this with the profound belief that it will inspire others to seek help," the statement read.

METRO NEWS SERVICES



Celebrity tweets

John Cleese is polling the public about his living situation, Demi Lovato tries to wear herself out, Miley Cyrus is up-to-date on the hot movie news from 12 years ago, and Tila Tequila knows something about God's plan the rest of us don't.

• @JohnCleese
...another one tonight. I'm still deciding whether to kill myself on my birthday, and might take a vote on it (no press allowed)...

• @ddlovato
Can't sleep... so I'm doing crunches and pushups till I'm tired again. Blah.. who gets up in the middle of the night to workout?!?!

• @mileycyrus
Titanic is a trending topic. As it very well should be. That movie is PURE GENIUS. Plus I'm just saying Leo is scrumptious!

• @officialTila
I totally give up on tryng to save the human race. They are not worth saving anymore. I agree with God. No wonder he wants da world 2 end.

Katy Perry getting lucky in love

SHE KISSED A BOY It looks like Katy Perry may be becoming more than just friends with Russell Brand. The singer was spotted looking disheveled and camera-shy leaving Brand's London home one morning recently, according to Sky Showbiz.

And the pair were both recently in Thailand, where Perry hinted that she was spending time with the comedian. "Been schooled on Morrissey, Oscar Wilde and Peter Sellers," she posted on Twitter, name-checking three of Brand's idols.

METRO NEWS SERVICES

Curvy Hudson not preggers

NO BABY Kate Hudson has laughed off reports she is expecting a baby with baseball boyfriend Alex Rodriguez, femalefirst.co.uk reports.

The actress has been dating the Yankees ace since November.

Hudson sparked rumours she is pregnant with her second child earlier this week, when she was seen looking curvier than usual in Malibu, California.

But her representative has shot down claims she is expecting again, telling website GossipCop, "She is not pregnant."

METRO NEWS SERVICES

Kate: Show Jon the money

MORE HATE The Gosselins continued their messy break-up in the media yesterday — with Kate fighting back the waterworks while claiming she can't afford to pay her bills, TMZ.com reports,

Kate came out swinging on Today yesterday morning, slamming Jon for clearing $230,000 US out of the couple's joint bank account: "You've left your children and their mother unable to pay for the roof over their head. It's unacceptable."

Jon says he didn't leave estranged wife Kate high and dry by emptying cash from a shared account. "I've never taken any money out because over 10 years, Kate handled all the banking," he says on an episode of The Insider on Monday night.

"Over the past four years of doing the show, we accrued $2,250,000. She says in the past week I took $230,000," he says.

Jon says Kate's claims are "a total fabrication." Says Jon: "She's hiding money. We have 11 bank accounts. That was just our joint account. She had a best-selling book. Where's that million dollars?" METRO NEWS SERVICES

Mom won't let Elton adopt kid

CAN'T BE BOUGHT Elton John now faces yet another obstacle in his quest to adopt Lev, a Ukrainian baby he met at an orphanage and fell in love with: The baby's mother.

"I will not give my baby to Elton John for any money," the woman, Marina, tells the Sun.

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Today Variable 14°/ 12°

Wednesday Showers 40% 14° / 8°

Thursday Mainly sunny 16°/ 8°

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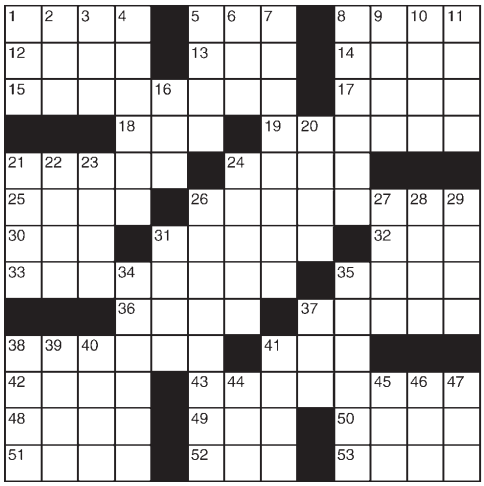
Take Five

For more delicious Metro recipes, visit: **metronews.ca/food**



ACROSS

1 Easter entree
5 Help
8 Related (to)
12 Hodgepodge
13 Lanka preceder
14 Obey reveille
15 Inexperienced boxers
17 Unfreeze
18 Possesses
19 Barrel parts
21 Haunt
24 Burden
25 Poi base
26 Easy to perceive
30 Eco-friendly org.
31 Breathing
32 Squabble
33 Ease
35 Rescue
36 Pseudo-cultured
37 Tribe leader
38 "Give a hoot, don't pollute" owl
41 Calendar abbr.
42 Eager
43 Discussions
48 Sandwich shop
49 Handle
50 Send forth
51 Gaelic
52 Hot tub
53 Red gem

DOWN

1 Prune
2 Carte lead-in
3 Wire measure
4 Sobbing sound
5 Requests
6 Savings plan acronym
7 Liquefy
8 Fleet
9 Chicken —
10 Wight, e.g.
11 Volleyball barriers
16 Erstwhile acorn
20 Recording
21 Minimal progress
22 Hemingway nickname
23 Exam format
24 Nonclergy
26 Odd-looking animal
27 Actor Pitt
28 Cupid's field
29 Ornamental jug
31 Ostentatious display
34 Young Scot
35 Thin piece broken off
37 Historic time
38 Test the waters
39 Finished
40 Masseuse's stock
41 Dog bane
44 Cleo's slayer
45 Ostrich's cousin
46 Eve, originally
47 Pigpen

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

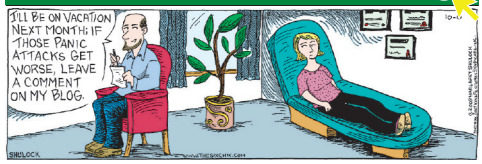
4	3		9					
		1		6		9		
			2					8
	6				8		2	
8			1		5			3
	2		6				5	
7					2			
		5		7		1		
					1		3	9

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

2	5	8	4	6	7	3	1	9
3	6	4	2	9	1	8	7	5
1	7	9	3	5	8	4	6	2
8	2	5	7	1	6	9	4	3
9	3	7	8	2	4	6	5	1
4	1	6	9	3	5	2	8	7
7	8	2	1	4	3	5	9	6
6	9	1	5	8	2	7	3	4
5	4	3	6	7	9	1	2	8

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Pepper-crusted Pork Tenderloin

INGREDIENTS:

2 pork tenderloins (3/4 lb/375 g each)
3 tbsp (45 ml) Dijon mustard
1 tbsp (15 ml) 1% buttermilk
2 tsp (10 ml) minced fresh thyme
1 to 2 tsp (10 ml) coarsely ground pepper
1/4 tsp (1 ml) salt
2/3 cup (150 ml) soft bread crumbs

METHOD:

1. Place tenderloins side by side and tie together with kitchen string. In small bowl, combine mustard, buttermilk, thyme, pepper and salt; spread over surface of meat. Press crumbs onto meat.
2. Place on rack in shallow roasting pan. Cover and bake at 425 F (220 C) 15 minutes. Uncover; bake 35-40 minutes longer or until meat thermometer reads 160 F (71 C). Let stand 10 minutes. Remove string before slicing.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
What happens today may look like a setback but only because you are standing too close and cannot see the bigger picture.

TAURUS
APRIL 21-MAY 21
You seem to be going round in circles and it's making your head spin. Put your plans on hold for a while, sit back and watch the world go by.

GEMINI
MAY 22-JUNE 21
With the Sun moving in your favor this is one of the best times of the year for satisfying your romantic desires and creative ambitions.

CANCER
JUNE 22-JULY 22
You may be tempted to start telling those around you what they should do and how they should do it, but think again.

LEO
JULY 23-AUG 23
There may be a great deal to do and only a limited amount of time in which to do it but you will accomplish more in the long-term if you slow down.

VIRGO
AUG 24-SEPT 22
Your money situation may not be as healthy or as bad as you might think, so resist the urge to make far-reaching decisions about what you own.

LIBRA
SEPT 23-OCT 23
Your timing is a bit off at the moment, but there is no need to worry because you'll make up for it when Mercury joins the Sun in your sign.

SCORPIO
OCT 24-NOV 22
Take time out of your busy schedule to analyze what you are doing and why you are doing it.

SAGITTARIUS
NOV 23-DEC 21
The Sun in Libra makes you more idealistic than usual and that's good because other aspects suggest you are getting bored with your everyday routine.

CAPRICORN
DEC 22-JAN 20
Speak and act as if all eyes are on you today, because someone you don't realize is important is in fact watching you closely.

AQUARIUS
JAN 21-FEB 18
With the Sun transiting the sympathetic sign of Libra at the moment there is precious little that you cannot do.

PISCES
FEB 19-MARCH 20
You will prove your critics wrong and show that you can think and act under pressure. But don't spend all your time and energy doing things just to impress.

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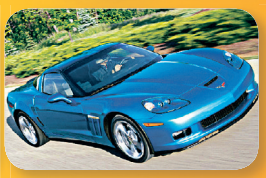

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